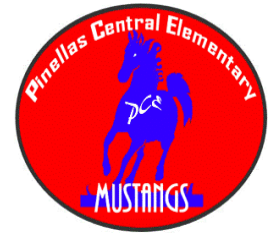


Pinellas Central Mustang Round-Up



April 2017

VISION: Professional Community of Educators promoting 100% student success

CORE VALUES: Professional – Passionate – Positive

MISSION STATEMENT: The mission of Pinellas Central Elementary is to create a safe and positive learning environment where all individuals feel valued and challenged to reach their highest potential.

Principal's Message

April has arrived and there are several important announcements of news at Pinellas Central Elementary this month. First, Summer Bridge registration has begun. Please consider sending your child(ren) to this summer program that supports continued growth over the summer in reading, math and science. You can register students online at <https://reservation.pcsb.org> or stop by our Front Office and we'd be happy to assist you in registering your child.

All laptops checked out to students must be return by April 3rd. Please make sure your child has returned their laptop for required maintenance. These laptops will be reissued to students in K-4th grade to be used over the summer.

Florida State Testing (FSA) will continue in April. The remaining testing dates are listed below. Our teachers and students have worked hard all year on skills aligned to our Florida State Standards (FSS) and we feel confident that our students are prepared for this assessment. To view practice test items you can visit the following website <http://www.fsassessments.org/>.

It is important for students to be rested and energized for these testing days. A good night's sleep, a healthy breakfast and an encouraging word from parents each day can make a huge difference in your child's ability to perform their best. Please see the dates on the back for April testing.

Dr. Cara Walsh, Principal



<http://www.pcsb.org/pincen-es>

Visit our school website!

FSA Test Schedule

Pinellas Central Elementary

3rd Grade

Test	Date	Test Time	Format
Math Session 1	April 27th	80 min.	Computer
Math Session 2	April 28th	80 min.	Computer

4th Grade

Test	Date	Test Time	Format
Math Session 1	May 9th	80 min.	Computer
Math Session 2	May 10th	80 min.	Computer
Reading Session 1	April 11th	80 min.	Computer
Reading Session 2	April 12th	80 min.	Computer

5th Grade

Test	Date	Test Time	Format
Math Session 1	April 25th	80 min.	Computer
Math Session 2	April 26th	80 min.	Computer
Reading Session 1	April 18th	80 min.	Computer
Reading Session 2	April 19th	80 min.	Computer
Science Session 1	May 1st	80 min.	Paper Paper
Science Session 2	May 2nd	80 min.	Pencil



Mustang Round Up Announcements & Reminders

Beginning January 3, 2017 all student absences must be reported in writing directly to the school office. There are 2 ways to complete this requirement.

1. Go to our school website www.pcsb.org/pincen-es and click on the report student absence button in the top right corner of the home page. You will be directed to an email that will be sent directly to the Student Records Office. Please include all information as listed below.

2. Return an explanation from you or proof of a medical appointment to the school front office.

NOTE: Reasons for absences can no longer be reported in agenda books because documents must be filed in the student records office.

Telephone calls will not excuse an absence. Please submit the written note upon the students return to school.

All notes explaining absences must include the following:

Students Full Name

Teacher

Date of Absence

Reason for Absence

Please see the Student Code of Conduct for the list of reasons absences are excused and other expectations (Pages 33-36).

- *Note: A parent may excuse 5 absences per semester (10 per year) that meet Code of Conduct criteria. Further absences after these would require additional documentation.*

Dear Families,

Pinellas County Schools is implementing a new online application process for Prekindergarten for 3 year olds and Voluntary Prekindergarten. The application period for the 2017-2018 school year will be March 20-April 9, 2017. Starting March 20th you will be able to apply online. Families interested in VPK will also need to apply for a Certificate of Eligibility from the Early Learning Coalition at www.vpkpinellas.net For more information about Pre-K 3, visit www.pcsb.org/prek3 or call 727-588-6000 ext. 2184. For information about VPK, visit www.pcsb.org/vpk or call 727-588-6513.

At this time we're also registering Kindergarten-5th Grade students for Summer Bridge for more information about Summer Bridge, visit www.pcsb.org/summerbridge.

Sincerely,

Mrs. Raspitzi

Assistant Principal

Lost & Found

If your child is missing a piece of clothing please visit the Lost & Found. Smaller items such as glasses, can be found in the front office. All clothing items left at the end of the year will be donated to charity.



CONGRATULATIONS MUSTANGS!



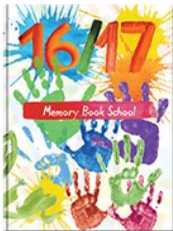
Pinellas Central took part in the Dairy Council of Florida's contest "Take the School Breakfast Challenge" and we were one of three winners. We have been awarded \$2,500.00 to use for school signage from Love your Lunch Room.com.

ON SALE SOON....

2016-2017 PCE Yearbook

\$10 per book

Watch your child's agenda for information on how to order at school and online.



CLINIC NEWS

The last day of school is May 25, 2017.

Pinellas County School policy does not allow us to send medication home with students or store it over the summer. Please stop by and pick up unused medication by the last day of school or it will be disposed of.



Mustang Round-Up Thanks, Recognitions, & Events

“Volunteers don’t necessarily have the time, they have the heart.”



April is National Volunteer Appreciation Month. We love our volunteers and are so thankful for all they do. Whether it’s chaperoning a field trip, assisting in a class, helping at lunch or for special events, our volunteers go the extra mile!

PCE’s Safety Patrols of the Month

Aleks Rusenov- He is always helping the bus driver in keeping students safe on the bus ride to and from school and has remained demerit free all year!

Elijah Boswell- He has been a role model for bus patrols and students on his bus. He has remained demerit free all year!

Zoe Monroe- She is always on time to her post and does it with great honor. She has remained demerit free all year!

Congratulations to the 4th graders who will have the opportunity to train with a 5th grade patrol to prepare them for duty during the 2017-18 school year.

Captains

Aleeyah Johnson & Jason Chu



Winn Dixie located at 6501 102nd Ave. No. Pinellas Park, FL 33782

&

Sonny’s BBQ located at 4385 Park Blvd. Pinellas Park, FL. 33781

Thanks for your donations to our Sunshine Club!



- 4/3 - PTA Board Meeting 5:30pm
- 4/5 - Principals List Bowling Party 10:30–12:45
- 4/11 - 4th Grade Reading FSA Test
- 4/11 - Spirit Night Chipotle 4-9pm
- 4/12 - 4th Grade Reading FSA Test
- 4/14 - School Closed
- 4/18 - 5th Grade Reading FSA Test
- 4/19 - 5th Grade Reading FSA Test
- 4/21 - Midterm Reports Sent Home
- 4/22 - Parent University 8-11:30 a.m. at Gibbs High School
Free childcare (reservations required) for children in grades K-5. Parents can learn more and register at <http://all4schools.org/pinellas>.
- 4/25 - 5th Grade Math FSA Test
- 25 - Astro Skate \$6 Cash only 6pm-8pm & McDonalds Spirit Night 66th St. & 102nd Ave. No. 4 p.m.-9 p.m.
- 26 - 5th Grade Math FSA Test
- May 1 - Principal’s Appreciation Day
- May 1 - 5th Teacher & Staff Appreciation Week



Thanks to everyone who has sent in box tops. We are still collecting so clip and submit unexpired labels with your child’s name and their teacher’s name. Don’t forget to ask your family and friends to clip and save their labels too! For a complete list of participating products, visit www.boxtops4education.com. Keep clipping our contest ends on May 1st!

Our Girls on the Run 5k is on Saturday, May 6th at Poynter Park right in downtown St. Petersburg. Please come out to cheer us on and participate in the free pre-race activities or register and run with us. We would love to see you there! Click the following link for more information. Sparkle on!



<http://www.girlsontheruntampabay.org/5k-celebration.html>

Mustang Round-UP PE, Music, Art, & Dr. Wohl News

PE



Beginning in April all students will begin the Fitnessgram post-test. The testing consists of push-ups, curl ups, pacer, sit and reach, trunk lift, and height and weight checks. During P.E. class, we encourage all students to give it their best effort. Throughout the school year we worked on improving your child's fitness scores. These tests will show the gains that our students have made with their fitness level for this school year. After the testing has been completed, we will move into our next set of lessons. These lessons will have a focus on recreational games. We will do activities such as four square, flicker ball, tether ball, and parachute. We encourage all of our students to be active outside of school. Listed below are some activities your child can do at home to increase their fitness levels.

Exercises to Do at Home:

20 Jumping Jacks
10 Curl Ups
Jump Rope 3 minutes
8 Push Ups
10 Squats

Sincerely,

Mr. Tuttle
Mr. Brindley
Mr. Wilson
Mrs. King

MUSIC



Chorus will be having a concert on May 18, 2017 from 6-7:30pm in the PCE cafeteria.

Dr. Wohl, Psychologist

I recently read an article by Susan Day about "The Secrets of 'A' Students". I thought I'd share some of these secrets with you.



"A" students PARTICIPATE in class. Sometimes participation counts toward the grade and sometimes it just shows the teacher your child is engaged in the learning. As parents, we can encourage our kids to ask questions in class and try to answer questions. Let them know that there is no dumb question or answer. It's ok to be wrong. It all fosters understanding.

Successful kids learn how to be ORGANIZED. If s/he is rummaging through her/his backpack for a loose homework paper, your help is needed.



Sit down together and write the important assignment and project dates on a big wall calendar just for him/her. Put the time for homework to be done on the calendar also. Get him/her in the habit of checking the calendar daily. If more than one child is using the calendar just use a different color for each child. Set aside time so you can review work together, ask questions and praise successes.

"A" students DON'T PROCRASTINATE. Teach your child to start working on an assignment or project as soon as s/he learns it is due. This prevents cramming, a poor way to remember information. Children remember information much better with repetition. It's much more effective to study 15 minutes every day over a period of time. Encourage your child to write the information down which embeds an idea. Teach your child about setting goals for him/herself, and encourage him/her to tell you if s/he's having difficulty understanding a subject or concept so you can get him/her help.

If you and your child do these three things, I think you'll both like the results.

ART NEWS



Upcoming Visual Arts Field Trips

1st Grade - Dunedin Fine Art Center
April 3rd and 5th

2nd Grade - St. Petersburg Museum of Fine Arts
April 11th and 13th

3rd Grade - Chihuly Gallery and Hot Shop
April 17th, 18th, and 19th

Mustang Round-Up ESOL & Counselor's Corner

ESOL

Our students worked very hard and completed the WIDA Access 2.0 testing in record time! We will continue to work hard and prepare students for upcoming test (FSA) and the upcoming school year. We would like to remind parents how important it is to complete homework in order to support the skills our students are learning. Homework is important for students and their academic success, but helping children with homework can be difficult especially if you are still learning English. Below are some tips for helping with homework.



The Homework Routine

Help your child get organized

Help your child pick out a special homework notebook or folder, and make sure your child has homework supplies, such as: pencils, pens, writing paper, a home language dictionary (if needed.)

Get into a routine

Set a regular time for homework every day, and look for a homework area with good light. Help your child get into the habit of getting homework done before doing other activities.

Limit Distractions

Turn off the TV and video games and restrict phone calls and texting during homework time. If your child is using the computer for homework, check in periodically to make sure he is getting homework done.

COUNSELOR'S CORNER

The character word for April is Self-Control.

Having self-control means managing your emotions and choosing acceptable behavior! Here are some ways your child can practice self-control at school and at home:

1. Make good choices.
2. Have control over their thoughts and actions.
3. Practice good habits – being patient, controlling their temper, and taking responsibility for their actions.
4. Complete their homework.
5. Wait to be called on before speaking.

April is also testing time! Here are some ways to help with Test Anxiety:

1. Maintain a positive attitude while preparing for and taking the test.
2. Get a good night's sleep before the test.
3. Eat breakfast; it's the most important meal of the day.
4. Stay relaxed – if you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.
5. Read the directions **slowly** and **carefully**.

Mustang Round-Up Corner Occupational & Physical Therapy Corner

Occupational & Physical Therapy Corner

Lengthening Activities

“Better than 90 percent of the brain’s output is directed toward maintaining your body in its gravitational field. Therefore, the less energy one spends on one’s posture, the more energy is available for healing, digestion, and thinking.” – Roger W. Sperry, psychobiologist and Nobel laureate.

Stretching tight muscles helps us to use proper posture and pay attention during various tasks. Lengthening activities help to stretch and warm up our body and brain for learning. These movements are: **The Owl** (March newsletter), **Arm Activation** (November newsletter),

The Gravity Slider (March newsletter), and **The Calf Pump** (March newsletter), as well as the following two movements.

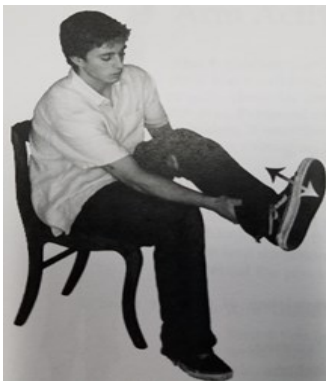
1) **The Footflex:** This activity helps muscles in the feet, ankles, and lower legs. To do this activity: sit in a chair and keep one foot on the ground. Lift and straighten the other leg as far out as possible. Place your fingertips below your knee (at the top of your calf-muscle area) and just above your ankle bone, then slowly point and flex your foot. Search for tight spots and slowly massage those areas. Repeat stretch on the other leg.

2) **The Grounder:** This activity helps muscles in the lower back, hips, and legs. To do this activity: stand facing forward with your feet a leg length apart, hands on your hips. Now turn your head and your right foot to the right, keeping the left foot and torso pointed straight ahead. Bend your right knee and slowly exhale, don’t let knee go beyond toes. Inhale as you straighten that leg and return to standing position. Do the movement three or more times, then repeat it facing the other way.

Academic Skills the Activity MAY Enhance:

The Footflex: comprehension in listening and reading; creative and expressive writing ability; planning and following directions; and the ability to follow through and complete projects or assignments

The Grounder: listening and reading comprehension; short-term and long-term memory; planning, preparation, scheduling, and written work; organization for mental arithmetic computation; and creativity and self-expression



ACTION NEEDED

Title I News

Attention Parents: Please review the 2016-2017 PCE Compact. We would love to have your input for the 2017-2018 compact. Please contact Anne Coletti with any thoughts or suggestions. Thank you for your continued support of Title I

The
Mustangs



Pinellas Central Elementary
Parent + Student + Teacher Compact

Successful schools are the result of families and educators working together.

The
Mustangs



The mission of Pinellas Central Elementary School is to create a safe and positive learning environment where all individuals feel valued and challenged to reach their highest potential.

As a Parent/Guardian, I pledge to:

- ❖ Ensure that my child attends school regularly and on time.
- ❖ Provide a home environment that encourages my child to learn.
- ❖ Maintain open lines of communication with my child's teacher(s).
- ❖ Talk with my child about his/her activities daily.
- ❖ Encourage my child to do homework in all content areas.
- ❖ Read and sign my child's agenda daily.

Parent Signature _____

As a Student I pledge to:

- ❖ Come to school prepared to learn.
- ❖ Be motivated to do my best work.
- ❖ Be respectful to everyone.
- ❖ Be responsible for myself and my actions.
- ❖ Be honest with myself and to others.
- ❖ Do homework as assigned in all content areas.

Student Signature _____

As a Teacher, I pledge to:

- ❖ Demonstrate our core values: Positive, Professional and Passionate
- ❖ Develop a safe classroom environment that is conducive to learning.
- ❖ Plan and deliver lessons that support the growth of my students.
- ❖ Maintain open lines of communication with you and your child.
- ❖ Enforce school and classroom rules fairly and consistently.
- ❖ Use a variety of communication tools between home and school.
- ❖ Assign homework aligned to daily instruction.

Teacher Signature _____

A pledge is voluntary agreement designed to promote a partnership between home and school.
The Parent-Student-Teacher Pledge meets the requirements of the Title I Federal Guidelines.

Mustang Round-Up Spectrum



SPECTRUM INTERNET™ ASSIST

Affordable, reliable high-speed Internet access for qualifying households



Spectrum Internet Assist is a new low-cost, high-speed broadband service that provides qualifying households with Internet service for **\$14.99 per month**.

To qualify for Spectrum Internet Assist, a member of the household must be a recipient of one of the following programs:

- The National School Lunch Program (NSLP); free or reduced cost lunch
- The Community Eligibility Provision (CEP) of the NSLP
- Supplemental Security Income (SSI) (age 65 and over only)

Programs that do not qualify for Spectrum Internet Assist: Social Security Disability (SSD), Social Security Disability Insurance (SSDI), and Social Security Retirement and Survivor Benefits are different from Supplemental Security Income (SSI) and do NOT meet eligibility requirements.

If you believe you may qualify, visit SpectrumInternetAssist.com.

- Enter in your 5-digit zip code to see if Spectrum Internet Assist is available in your area.
- If available, you will receive direction to call 1-844-525-1574 to start the qualification process.
- If Spectrum Internet Assist is not available in your area, you will receive a coming soon message and to check back for updates.

GET CONNECTED WITH HIGH-SPEED INTERNET FOR **\$14.99/MO**

Spectrum Internet Assist gives your household a reliable, blazing-fast connection to the world of information, education, entertainment and services that are available online.

With Spectrum Internet Assist, you'll enjoy:

- 30 Mbps of Internet speed with NO data caps
- **FREE** Internet modem
- No contracts, ever
- Add fast in-home WiFi for \$5 more a month

To get started, visit:
SpectrumInternetAssist.com

SPECTRUM INTERNET ASSIST: Limited time offer, subject to change; not transferable. Availability of offer based on eligibility. Offer valid to qualified residential customers who (1) have not subscribed to Charter Communications', Time Warner Cable's or Bright House Networks' internet services within 30 days prior to requesting services under this offer, (2) have no outstanding debt for any of Charter Communications' services that was incurred within 1 year prior to requesting services under this offer and (3) have no outstanding debt to Charter Communications that was incurred for services provided under this offer and that are subject to Charter Communications' ordinary debt collection procedures. Install, equipment, taxes, fees and surcharges may be extra; additional services are extra. Available internet speeds may vary by address. Download speeds are up to 30 Mbps and upload speeds are up to 4 Mbps. WiFi: Equipment, activation and installation fees may apply. Services subject to all applicable service terms and conditions, subject to change. Services not available in all areas. Restrictions apply. ©2017 Charter Communications. All rights reserved.