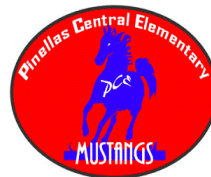


Pinellas Central Mustang Round-Up



January 3, 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,

Happy New Year Pinellas Central Families,

Welcome 2017!! We hope you enjoyed the winter break with your children and spent some quality time creating memories together. Traditionally, January has been a great time to reflect on the areas in our lives where we felt successful during the past year. It is also a time to consider how to make changes in areas where we would like to improve. Many people make New Year's resolutions. As we begin the new year, our resolution is to continue to support your child's love for learning by providing lessons that engage them in critical thinking activities. This will support them throughout their education and into college, career, and life.

Just before the winter break, students began the second cycle of assessments and will continue to be assessed over the next few weeks. Please encourage your children to do their best each day at school. After all assessments are completed, teachers will analyze the results to best plan for your child's success.

We are so proud of our students and their accomplishments thus far this year. Join us in congratulating everyone on their hard work and encouraging them to continue to strive for their best daily.

We enjoy having our families on the school campus. Please join us for the upcoming family events (see calendar), to volunteer, eat breakfast or lunch with your child, or conference with your child's teacher. Please know that we welcome you and hope to see you around campus.

Dr. Cara Walsh
Principal



Important Change in Student Absence Reporting

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 a written notice form (see back page of newsletter), a hand written 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 Name

Teacher

Date of Absence

Reason for Absence

We appreciate you following these new district wide procedures as we strive to maintain accurate student attendance records.

Mustang Round Up Announcements



If your child has been absent and it is currently unexcused, please send a parent note or an appointment note explaining the 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.



Attendance Awareness 2016

Attendance matters as early as Kindergarten. Studies show many children who miss too many days in kindergarten and first grade can struggle academically in later years. Your children can suffer academically if they miss 10 percent of school days or about 18 days in a school year. As of October 1st 2016 there have been 37 days of school. Missing 4 days puts a student over 10% missed instruction.

What you can do to help:

- * Attend every day, on time..
- * Develop back-up plans for getting to school if something comes up.
- * Don't let your child stay home unless he or she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- * Avoid medical appointments and extended trips when school is in session.
- * Set a regular bed time and morning routine.
- * Lay out clothes and pack backpacks the night before.
- * Ask for support! Contact your Child's Teacher or your Student Services Team here at Pinellas Central Elementary School.



Homework Helpline

727-547-7223

The Homework Helpline offers free homework help for students in grades 1 through 12. The Helpline is staffed by Pinellas County Schools teachers who are certified in math, science, language arts and social studies. Helpline teachers have access to textbooks commonly used in the district and can assist students with homework in most subjects. Homework help is available from 5 to 8 p.m. Monday through Thursday, on all school days except when there is no school the following day.

This is the time of the year when many coats, jackets and sweaters end up in our lost and found area. Please write your child's name on the inside of their outer wear so we can return lost items to your child's classroom.

Thank you



Date: January 11, 2017

Time: 6:00pm-7:00pm

Location: Pinellas Central Elementary

Dates To Remember

- Jan. 2 School closed for students
- Jan. 3- Students return to school
- Jan. 9- PTA Board Meeting 6:30
- Jan. 11- Kindergarten Round-Up 6:00pm-7:00pm
- Jan. 13- Report Cards Go Home
- Jan. 16- School Closed MLK Birthday
- Jan. 24- Spirit Night at McDonald's 4pm-9pm & Astro Skate Party hosted by Pre-K 6pm-8pm \$6

Mentoring Matters

We are in need of a few great Mentors! Have you ever thought about mentoring? Just 30 minutes a week could help impact a student's life. We make it easy for you! To get started, mentors must become an active volunteer and then attend a two hour workshop. Once matched with a student, your job is to simply show up, listen, and be a caring friend. Staff is always on hand to answer questions and for support. For more information on how to start your journey as a mentor or to volunteer please call Jami Carpenter, Family & Community Liaison at (727)547-7853 Ext. 2101 or e-mail her at carpenterjam@pcsb.org

Mustang Round Up Recognitions & Department News

PTA would like to thank everyone for their participation in the Fall Fundraiser!

Congratulations to Mackenzie Higginbotham for being our TOP seller and winner of the plush Winter the Dolphin!!!

Congratulations to Ms. Hallenbeck's class for being our TOP selling class!!!



Thanks Ms. Fox, Mr. & Mrs. Gericke, and PCE staff for your donations to the clinic and to our students.



January 2-6 2017 is First Responders Appreciation Week!

Congratulations to the Mustang Chorus on a wonderful holiday concert season.



Happy New Year from the Music Department,
Ms. Duffy and Mr. Cook



Patrols of the Month

Connor McConnell- He is very reliable and can always be counted on to be at his post.

Orion Watson- He is always on his post on time and makes sure he stays on his post the entire time until it is safe for him to leave.

Colby Redding- He is always filling in for a post if another patrol is absent without ever hesitating or complaining.

Way to go Patrols! Keep up the great work!

PE



Happy New Year! We are ready to start 2017 on the right track during P.E. this month. The first week back from vacation we will begin a track and field unit. Students from all grade levels will be participating in events such as the 40-yard dash, the shuttle run, and a relay race. We are going to get their heart rates up, and we will be discussing the importance of cardiovascular endurance. January will be off to a very active start to the new year so please remember to have students wear shoes that cover the heel and toes. We are also very excited to announce that we have a new full time addition to our P.E. team that will be joining us for the remainder of the year. Her name is Mrs. King and she is excited to be here just as much as we are to have her.

Have a healthy and active 2017,

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

Mustang Round Up Department News

COUNSELOR'S CORNER

The Character-Word-of-the-Month is **self-motivation**! Self-motivation is defined as working in a careful and consistent manner without giving up!



How can students be more self-motivated with their academics?

You can develop educational goals with your child. Below is a goal setting chart you can use toward academic success one step at a time!

Self-Motivation Goals

Things I do well academically

Areas I could improve in

In what academic area do I need to create a goal? _____
What steps must I take to improve in this area? _____
How can I check my progress? _____

Dr. Wohl's Corner



Hello. This month let's discuss talking to your child in a way s/he will hear you. I have four tips that may be helpful. What's important here is the interaction with your children. We need to respond to them in a way they won't tune us out. First, we need to soften any strong reactions we may have to what they say. If we respond to them in angry and defensive ways, they will stop listening. If that happens, we are just talking to the wind from that point on. Second, we need to give our opinions without putting down theirs. Let them know it's o.k. to disagree with each other. Third, resist arguing about who is right. Instead let him/her see that you know the two of you disagree but that this is what you think and why. Once you have explained why, it is not necessary to repeat it. If they are listening, they have heard you. Repeating it over and over will just result to tuning you out. Last, focus on your child's feelings rather than your own. When we focus on our child's feelings, it validates those feelings exist and that you respect them. Children listen more when they feel you understand them. With these four suggestions, you should be able to have a more productive talk with your child no matter what the topic.

ESOL News

It is important for our students to continue growing even during long breaks from school. Below are some helpful websites for ESOL students to use as well as any family members who would like help learning English.

<http://www.abcteach.com/> - Printable worksheets and help with vocabulary, word work, and handwriting.

<http://www.storylineonline.net/> - Listen to stories read aloud.

<http://www.brainpopesl.com/> - Fun videos and quizzes to help extend learning.

<https://scoorpad.com/signin/> - Individualized lessons for students (create a FREE account)

<http://childtopia.com/> - Educational activities in several different language.



Mustang Round Up Department News

Occupational & Physical Therapy Corner:

Brain Gym Activities to Enhance Primary Reading Skills: This month we are going to cover movements that will help with crossing the visual midline to help with reading comprehension. Our hope is that you are finding these movements beneficial with your child's homework and classwork. As your child becomes familiar with the movements allow them to choose which movement they would like to do.

The development of visual skills for reading begins with the ability to move both eyes at the same time in the visual midline, moving back and forth across the vertical midline of the page. Stress in learning the tasks for reading may cause visual disorientation. The movements that address this are: **Brain Buttons and the Cross Crawl (October newsletter)**, **Earth Buttons (November newsletter)**, and **Lazy 8's (December newsletter)**. *Before reading a long passage it would be beneficial for your child to do each of these movements.*

In Oral Reading it is important to read with emotion, expression and interpretation. In order to read with interpretation, children must first be able to automatically decode linguistic symbols. The alphabetic code includes auditory, visual, and motor components that allow the reader to hear, see, and reconstruct the letters into spoken language. The movements used that specifically address this are the **Cross Crawl (October newsletter)**, **Belly Breathing**, **Neck Rolls**, **The Energy Yawn**, and **The Rocker**.

1) **Belly Breathing:** Holding one's breath is a common response to physical exertion or focused mental work. The Belly Breathing activity teaches one to breathe fully which helps with optimal brain functioning, and it releases any tension in the abdomen.

To begin, rest your hand on your abdomen. With your chin tucked and abdomen relaxed, blow out all the air in your lungs in short, soft little puffs (as though keeping a feather airborne). On each short breath, press your belly button inward toward your spine. Now take in a slow, deep breath. Repeat the short breaths once or twice more. For the second part of this activity, continue slowly inhaling and exhaling from your belly. Your hand rises as you inhale and falls as you exhale. Repeat this a few times as you return to normal breathing.

2) **Neck Rolls:** This relaxes the neck and releases tension resulting from a forward thrust of the chin, an inability to differentiate head and shoulder movement, or any difficulty crossing the visual midline or working in the midline.

Stand or sit with your chest lifted and your feet parallel and shoulder-width apart. Deeply inhale, then exhale while you relax your shoulders and draw your chin towards your chest. Roll your head slowly from one side to the other as you breathe out any tension, your chin gently touching your chest in a smooth curve and resting at each shoulder.

3) **The Energy Yawn:** The jaw muscles can exert the strongest force and can be the tensest muscles in the body. Yawning is a natural respiratory reflex that improves circulation to the face and relaxes the eyes. Holding this position teaches relaxation of tension in the head and jaw.

Pretend to yawn. Place your fingertips on any tight spots you may feel along both sides of your jaw joints. Make a deep, relaxed yawning sound and open the back of your throat as wide as you can as you gently massage away any tension you feel. Repeat three or more times, or until your eyes begin to tear.

4) **The Rocker:** The Rocker movement releases the lower back and sacrum by massaging the buttocks and hamstrings, stimulating muscles in the hips effected by excessive sitting. The flexibility of spinal movement is seen to be energizing. The learned relaxation supports attentiveness and memory.

Sit on the floor (on a padded surface to protect your tailbone - refer to illustration). Tuck your chin, keeping the back of your neck elongated but relaxed. Lean back with knees bent and feet up off the floor, with your weight balanced between your hands and feet. Rock gently back and forth or in small circles for about thirty seconds to massage each side. Avoid putting excessive pressure on the tailbone itself.

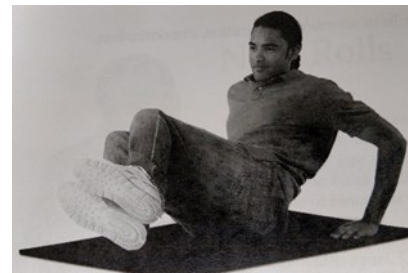
Academic Skills the Activity MAY Enhance:

Belly Breathing: reading (encoding and decoding); rhythmic speech and phrasing for reading aloud; focus and attention

Neck Rolls: reading aloud; silent reading for studying; language and speech; near-point focus and eye pointing

The Energy Yawn: oral reading with meaning and expression; creative writing; and public speaking

The Rocker: effective study skills; ease of test-taking (improves hip-shoulder coordination that may have been impacted from sitting or stress); attentiveness for using computers. Pictures below taken from Brain Gym by Paul E. Dennison and Gail E. Dennison.





Pinellas Central Absences Notice

Students Name: _____

Teachers Name: _____

Date of Absence: _____

Reason for Absence: _____

Please fill out the above information and submit to the front office.



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