

# MUSTANG MINUTES

*Pinellas Central Elementary Newsletter*

Abigail Cannata  
Principal

Nicole Kavaliauskas  
Assistant Principal



## A Message from the Principal

Hello, Mustang Families!

It is SO exciting to get this newsletter out to our amazing families and community members. It is hard to believe that we are almost through the 2020-2021 school year. This year, our students have embraced our new PCE Guidelines for Success: **CHARGE!**

**C:** Considerate    **H:** Honest    **A:** Appropriate    **R:** Responsible    **G:** Gritty    **E:** Engaged

As we move deeper into “testing season”, it is important to make sure your students are at school for the entire school day, whether face to face or online. Students are to be attending the whole day of school from 8:45-2:55. In addition, if your student is not feeling well, it is important to keep them home to monitor their symptoms. We are looking for our students to continue practicing CHARGE as we work to grow our minds and our experiences the remainder of this school year.

Thank you for being such an amazing school community to partner with. It is my joy and pleasure to serve as your PCE Principal!

Thankful for YOU!  
Mrs. Cannata

### Upcoming Events

Parents' Night In-  
3/31/21 or 4/1/21

No School-  
4/1/21 and 4/2/21



# SCHOOL-WIDE PBIS

THERE'S NO **LOLLI-GAGGING** AROUND HERE...

WE ARE **POPPIN'** WITH **CHARGIN'** BEHAVIOR!

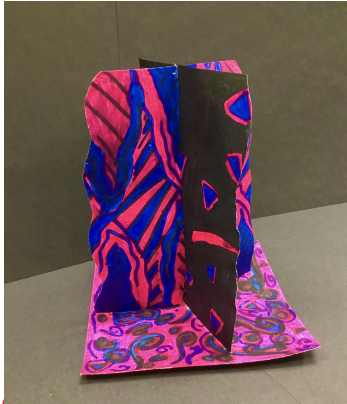


Since returning from spring break, Ms. Angeletti, Mrs. Pham, and Ms. Lawrence will be leading our building in an exciting positive-behavior based rewards program. Each week, a student from **EACH** class will be selected based on exhibiting **CHARGE** behavior all week. If the students that have been chosen have not had any behavior calls or any communication home regarding negative behavior at school, these students will be announced on the Friday morning announcements. These students will get a Tootsie Pop and their picture taken. Pictures will be displayed outside of grade level walls. We are **REALLY** excited to be acknowledging our kiddos that are doing their jobs each day!

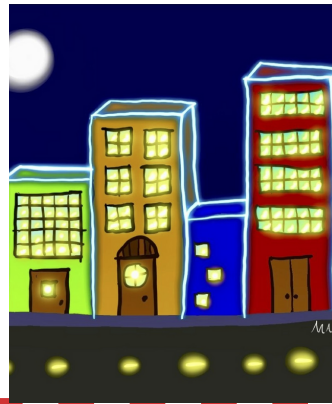
# Art News

Outstanding artists at Pinellas Central

J. Baberia



M. Donado



## Family/Community Liaison Update

PCE is collecting donations for families that need help with everyday necessities. If you are able to assist, please bring items to PCE front office! Any help is appreciated.

If you have any questions, please reach out to Katie Murray 727-547-7853 ext. 2001 or [murraykat@pcsb.org](mailto:murraykat@pcsb.org)



## Student Registration

If you need assistance with updating your phone numbers, email addresses, or emergency contacts, in your student's portal or need information regarding registration for Pre-K 3, VPK, or Kindergarten call our DMT Mrs. Gipson at 727-547-7853 ext 2007 or email her at [Gipsont@pcsb.org](mailto:Gipsont@pcsb.org)



# The Counselors Corner

Kindergarten, 1st, and 2nd grade are learning about



We follow 5 Safety Rules!



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame

Third grade is preparing for upcoming state tests!



Classroom discussions: following directions, preparing for tests by paying attention in class, studying the course materials, and getting good rest the night before, and starting the test day with a healthy breakfast.

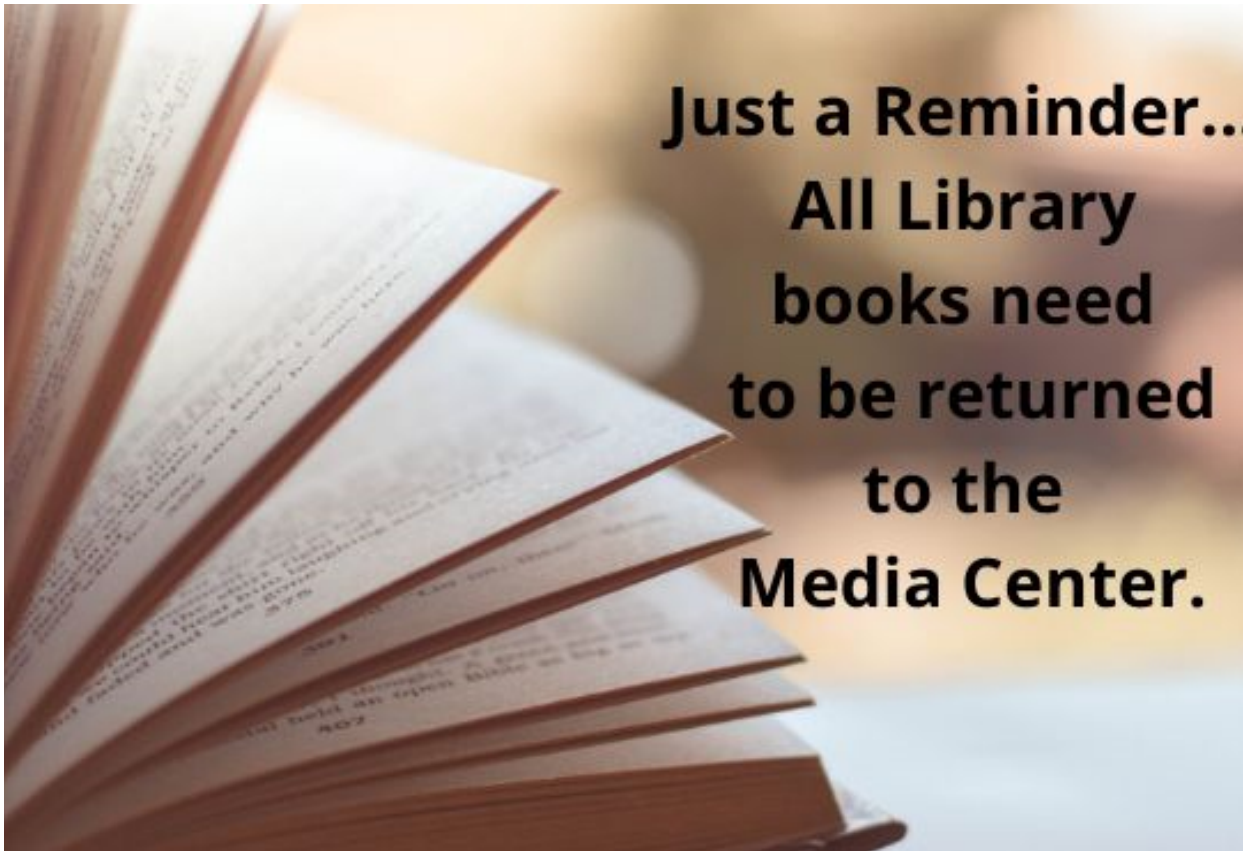
Fifth Grade discussions with the school counselor is all about transition into Middle School!

**middle**  
**SCHOOL**

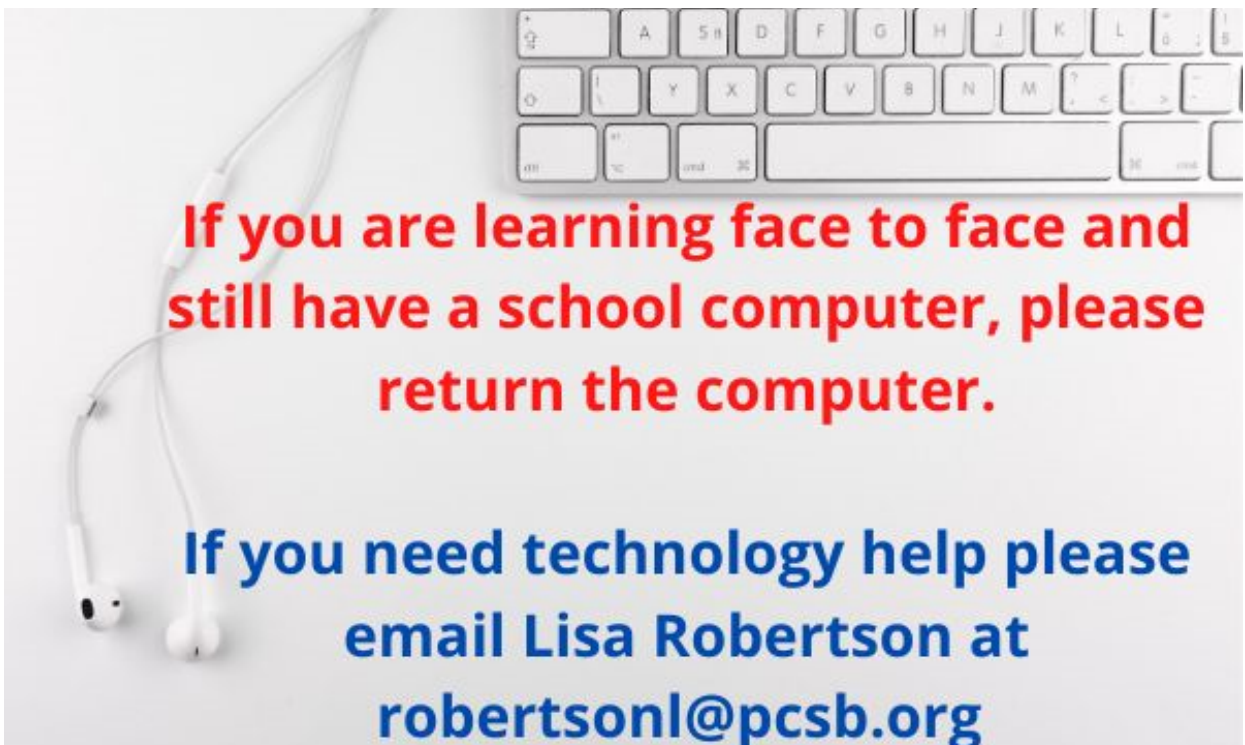
Pinellas County middle schools are hosting virtual expo nights. We have the Middle School Expo Night information posted on our website. If you need more information please contact your child's zone middle school counselor or our PCE Counselor.

The school number is 727-547-7853.

# Media Center Information



**Just a Reminder..  
All Library  
books need  
to be returned  
to the  
Media Center.**



**If you are learning face to face and  
still have a school computer, please  
return the computer.**

**If you need technology help please  
email Lisa Robertson at  
[robertsonl@pcsb.org](mailto:robertsonl@pcsb.org)**

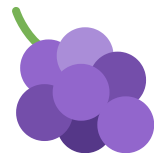


# The Nurses Notes

## This months topic is Breakfast

**Breakfast:** Why is this the most important meal of the day? Research has shown that students who eat a healthy breakfast do better on tests. Children who do not eat a breakfast daily, their brains cognitive function or thinking/doing/saying/acting power is not as strong in comparison to those who do eat breakfast daily. Children who eat a healthy breakfast have also shown improvements in their mood or how they feel.

**Making the healthy choice:** So now you are in the breakfast line ready to go and you see two choices: pancakes with syrup or whole grain toast with scrambled eggs. The healthier of the two options would be the whole grain toast with scrambled eggs, because you should be getting 5 ounces of whole grains a day and 4-5 ounces of protein a day. Then, you need to choose between chocolate milk or 1% milk. The healthier choice would be the 1% milk because you should be getting 2.5 to 3 cups of milk/dairy a day. Finally, you make it over to the fruit and you see banana's, grapes, orange's and apples. The healthier choice is? This is a trick question because the answer is all of those are healthy choices and you should make sure to have 1.5 cups of fruit a day. Great job!



**Breakfast at home:** Not only should you eat breakfast while you go to school, but you should also eat breakfast on non-school days as well! It is very important to keep your body and mind healthy and strong!

**Support:** If you have any questions, feel free to visit your school nurse! We are here to help and support you and your families.

# Covid-19



Dear Pinellas Central ES Parents/Guardians,

Many parents ask, “When is my child sick enough to stay home from school?” This is not always an easy question to answer especially during a global pandemic! We hope to clarify your questions! Please remember, a child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest planning for childcare ahead of time.

Our district policy states that you should not send your child to school if he/she has **one of the following:**

- Fever greater than 100.4 F (In the past 24 hours)
  - Vomiting (In the past 24 hours)
  - Diarrhea (In the past 24 hours)
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
  - Cough (New or Worsening)
  - Shortness of breath

**Or two or more of the following:**



- Headache
- Fatigue
- Muscles and body aches
- Nasal congestion or runny nose
  - Chills
- Sore throat
  - Nausea
- New decrease in taste or smell
  - Nausea
- Undiagnosed, new, and/or untreated rash or skin condition



If your child becomes ill at school with one or more of the above symptoms and the school nurse feels your child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school and will require a DR note to return. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify the office at (727) 547-7853.

## Parents' Night In

Join us for one of our 2021 VIRTUAL Parent Nights

*Ready Classroom Mathematics* is a robust mathematics program that will help your child become a strong, independent mathematical thinker.

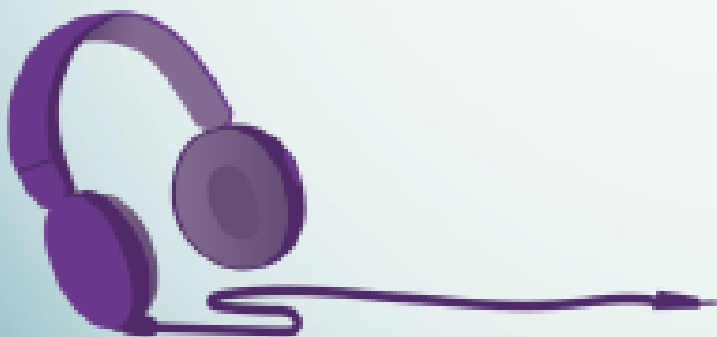
The program uses a different approach to math instruction than many of us experienced as students.

- Learn how *Ready Classroom Mathematics* works to help your child build essential mathematical skills
- Get ideas and resources to use at home to support your child's learning of mathematics
- Get answers to frequently asked questions about *Ready Classroom Mathematics*

Dates: Wed, March 31<sup>st</sup>, 2021 or Thurs, April 1<sup>st</sup>, 2021

Time: 6:30pm-7:30pm

Join Link: <https://cainc.zoom.us/j/91994483404>





# PINELLAS COUNTY SCHOOLS FOOD & NUTRITION

## FREE MEAL DISTRIBUTION

### REVISED LOCATIONS STARTING FEB. 18, 2021

## WHAT MEAL OPTIONS ARE AVAILABLE FOR PINELLAS COUNTY CHILDREN?

Starting Thursday, February 18, children in Pinellas County 18 years & younger are eligible for

- 7 days' worth of breakfast, lunch, dinner meals, & 5 days' worth of snacks, FREE
- Distribution on Thursdays at 17 school locations
- Child does not need to be enrolled in Pinellas County Schools or be present for pickup
- No ID required for pickup
- Meals are distributed on a first-come, first-served basis

## PICKUP LOCATIONS

### • Elementary Schools (Pick up 4:00-6:00 p.m.)

Eisenhower El  
High Point El  
Skyview El

### • Middle Schools (Pick up 4:45-6:00 p.m.)

Azalea Middle	Palm Harbor Middle
Bay Point Middle	Pinellas Park Middle
Dunedin Middle	Seminole Middle
Meadowlawn Middle	Tarpon Middle
Oak Grove Middle	Thurgood Marshall Middle
Osceola Middle	

### • High Schools (Pick up 4:00-6:00 p.m.)

Countryside High  
Dixie Hollins High  
Largo High

## MORE INFORMATION

Learn more at [pcsb.org/food](https://pcsb.org/food)





**mow4Kids**  
MEALS ON WHEELS FOR KIDS  
TAMPA BAY

# Delivering lunchtime meals to children learning remotely

Submit an application now!

Call (813) 344-5837 or visit

[www.MOW4Kids.com](http://www.MOW4Kids.com)

MOW4Kids Tampa Bay offers delivered meal service to children who attend school remotely through virtual or online learning. MOW4Kids is an alternative option for kids that are not able to access meal distribution sites throughout the county. MOW4Kids is a Tampa Bay Network to End Hunger program.

Children who qualify must: be 18 years old or younger, participate in the National School Lunch Program, attend school remotely or virtually, and eat solid food.

To be eligible for our services, the head of household must:

- Live in Hillsborough County, within one of the following zip codes: Lutz (33548, 33549), Tampa (33603, 33604, 33612, 33613, 33614, 33617, 33618, 33620) and Wimauma (33598); or
- Live in Pasco County, within one of the following zip codes: Dade City (33523, 33525), San Antonio (33576), and Zephyrhills (33541, 33542); or
- Live in Pinellas County, within one of the following zip codes: Clearwater (33755, 33756, 33759, 33760, 33763, 33764, 33765, 33767), Dunedin (34698), Indian Rocks Beach (33786), Largo (33770, 33771, 33774, 33778), Oldsmar (34677), Safety Harbor (33761, 34695), and St. Petersburg (33701, 33702, 33703, 33704, 33705, 33707, 33708, 33709, 33710, 33711, 33712, 33713, 33714, 33716).

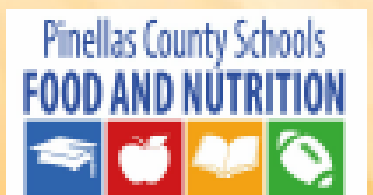
AND

- Be transportation disadvantaged, which is a person described as “not able to get a ride from household members or others for life-sustaining trips: medical, grocery, work, job-related training/education and other vital services” or “not having access to a working or reliable vehicle”; or
- Be homebound, which is a person described as “normally unable to leave home for short or long term”, due to illness, injury, or disability.



Apply now to receive Meals On Wheels for Kids delivered to your home at

[www.MOW4Kids.com](http://www.MOW4Kids.com)



Thank you to our community partners for your donations and support of our school this year.

