

# Manassa Elementary



## Newsletter



April 2019

### Principal's Notes

Dear Parents,

This month is our state testing month. PARCC Testing is very important to our school. Our overall school rating is determined from these assessments. The Governor's Distinguished Improvement Award and other recognitions are based on these assessments. All assessments will be online again this year. It is very important that students are here and on time for our testing sessions. I would like to thank everyone for their efforts making sure your children are at school.

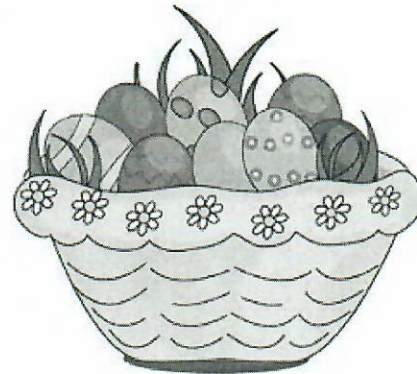
Even though PARCC Testing will be completed this month, that does not mean we are. Students and teachers will continue to work hard to make great things happen. We have high expectations and we will not let up just because assessments are over. We will continue to provide the best possible experience we can for our students. We appreciate your commitment and support of your child's education. Thanks for making our school a great place to learn.

Sincerely,

Denny Fringer  
Principal

### Upcoming Events for April

- 1<sup>st</sup> -18<sup>th</sup> PARCC Testing
- 24<sup>th</sup> Spring Fling 7:00 - CMS



### Nurse's Notes

## Kindergarten Registration

May 2, 2019

8 AM to 4 PM

Please bring birth certificate and  
immunization record.

Health screenings will be administered  
during registration.

Children must be 5 years old before July 1<sup>st</sup>.



# Counselor's Notes

## **Tips to help your child who struggles with anxiety**

For many people anxiety begins in childhood. Anxiety can be more than just "worries." Anxiety can influence classroom performance because an anxious brain can't absorb new information or even retrieve previously learned information as easily as someone who is not anxious. Kids who are worried and anxious aren't doing it on purpose. That's why saying things like "relax" or "calm down" aren't very helpful. With practice, kids can learn to slow down their anxious brains and parents can learn to help them.

### **1. Help your child to breathe deep**

When people slow down their breathing, they slow down their brain. When someone is struggling with anxiety, it helps to lead them in a breathing exercise. This can help the child who is overwhelmed by their current situation. Slow, deep breaths are the key to calming down an over anxious mind.

### **2. Go outside**

Being out in nature can also calm an anxious brain. Sometimes just a change of scenery is what makes the difference. Breathing the cool air, or making time to notice chirping birds can also calm an over-active worrier. Asking students to carefully observe their environment can help them turn the focus away from their worries, and on to something more tangible.

### **3. Get your child moving**

Exercise helps anyone who is feeling anxious. All of the endorphins that come with exercise are calming to the anxious brain. Kids who are feeling anxious can "boil over" pretty quickly. Anxiety can end up looking like anger. Use the "walk and talk" method to help calm down an anxious child..

### **4. Think positive, create gratitude journals**

If you can trigger positive thoughts, you can sometimes derail anxiety. Have your child start a gratitude journal and then let them know that they are responsible for recording at least one thing they are thankful for every day. When your child seems overwhelmed by negativity or anxiety, encourage them to read their journals.

### **5. Help your child by eating healthy meals and having routine sleep schedules**

A healthy diet and plenty of sleep make a huge difference in how well a student is able to handle overwhelming situations.



-----Clip and return-----

**Sign and return this section to receive a piece of candy and to be entered into the monthly prize drawing.**

**I have received and read this month's newsletter.**

\_\_\_\_\_  
**Parent/Guardian's Signature**

\_\_\_\_\_  
**Student's Name**

## Spring Fling

April 24, 2019

7:00 in the CMS Gym

Doors open at 6:30

Box Tops for Education

Our school is collecting the "Box Tops for Education" coupons. These coupons can be found on many house-hold items. Go to [www.btfed.com](http://www.btfed.com) for a complete listing of participating products. for supporting your child and our school.

