

Pinellas Central Mustang Round-Up



September 2016

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.

Dear Parents:

What better way to show your children that you support education than to become *engaged* in their education!

Now, more than ever, your involvement and support for our school is needed. There are so many ways that you can be *engaged* in your child's education – regardless of whether they are in elementary or high school! Here are some ideas:

- Make it known that *you* value education and it is a priority.
- Talk with your child daily about their school day, homework assignments, and activities.
- Attend parent/teacher conferences and address concerns early.
- *Help* with homework.
- Remind your child to complete their homework.
- Find volunteer opportunities at our school – in the classroom, media center, office, mentoring, tutoring, field trip chaperone, etc.
- Check Portal consistently to get an update on your child's grades and progress.
- Join our school's PTA or become a SAC member.
- Visit our school's website for school activities and events.

What I want you to know is that “parents *do* make a difference!” When you are engaged the benefits are great:

improved academic performance
improved behavior
higher attendance rates
graduates who are prepared to succeed
teachers who are able to focus on education
increased community respect
successful schools/students = successful communities

We ask for your hand in this partnership. Can we count on your commitment in supporting your child's education at **Pinellas Central Elementary** as a Partner in Education? I look forward to an engaging partnership!

Sincerely,

Dr. Cara A. Walsh

PRINCIPAL

Pinellas Central Elementary School



Pinellas Central Elementary
10501 58th Street, Pinellas Park, Fl. 33782
727-547-7853

Dr. Cara Walsh
Pinellas County Schools
Parent's Right to Know

Date: 9/1/16

Dear Parent/Guardian

As a parent of a student attending a Title I Pinellas County Public School, you have the right to know the professional qualifications of the classroom teachers who instruct your child. Federal law allows you to ask for certain information about your child's classroom teachers and requires us to give you this information in a timely manner if you ask for it. Specifically, you have the right to ask for the following information about each of your child's teachers:

- *Whether the Florida Department of Education has licensed or qualified the teacher for the grades and subjects he or she teaches.
- *Whether the Florida Department of Education has decided that the teacher can teach in a classroom without being licensed or qualified under state regulations because of circumstances.
- *The teacher's college of major, and any advanced degrees, if so, the subjects and degrees.
- *Whether any teachers' aides or similar paraprofessionals provide services to your child, and if they do, their qualifications.
- *Review Principal's Attestations (in the Principal's office and LEA office)

In addition, you have the right to be provided information on your child's level of achievement on assessments like End of Course Exams, FSA in reading/language arts, writing, mathematics and FCAT science. This information will be available at your child's school.

If you would like to receive any of this information, please contact your child's school at 727-547-7853. You may call the school between 8:00am and 4:00pm, Monday through Friday and ask to speak to Anne Coletti, regarding this request. An appointment will be made for you to come to the school to view this information.

Dr. Cara Walsh
Principal

Mustang Round Up Announcements and Reminders

Volunteers!

Welcome back!

As we embark on a new school year there are many opportunities to volunteer and help improve the learning environment of our school. There are many ways to support student achievement through volunteer activities.

Please contact us at
(727)547-7853
for more information!

Parents, in the coming months our "Mustang Round Up" newsletter will be emailed to students who have a email address listed in portal. This will save on printing costs and allow us to communicate important information to you quicker. If your student doesn't have an address listed, please submit one to your child's teacher.

PCE collects
Box Tops &
Labels for
Education !



Do you want to be a part of a parent and school partnership? Then join SAC today, a school advisory committee that meets monthly. Together we will help students reach for the stars! If you are interested, please leave your name and number in the office and we will get back to you with more information.

Thank you!

Adopt-A-Class

Adopt-A-Class is a program at Pinellas Central Elementary that encourages local businesses, organizations, or individuals in our community to become an involved and proud supporter of our students - our future leaders, their dedicated teachers, and school by making a \$50 - \$100 tax deductible donation. 100% of your donation goes directly to the class or program of your choice, enhancing the teacher's limited classroom budget enabling the teacher to purchase educational items that will enhance the classroom and the students' education.

Our goal is to get every teacher adopted!

**Thanks to Chad Lutz for adopting Ms. Hallenbeck,
Mrs. Harmon, and Mr. Johnston's classes**

L& L Building Maintenance Inc. for Ms. Rowell's class

Doug and Janice Slater for adopting Mrs. Pizzi's class



CALLING ALL 5th GRADE PARENTS/GUARDIANS:

The annual 5th grade field trip to Enterprise Village is Monday, October 3rd. If you would like to volunteer for this fun, ALL day learning experience, please let your child's teacher know and/or stop by the office to complete a volunteer registration form. Background checks can take up to two weeks to complete, so don't delay!

Healthy Snack List

Pinellas County Schools believes that students should have healthy snack choices to provide them the best opportunity for learning and growth. The list of healthy snacks below are suggested to families that wish to provide classroom snacks or have arranged with their child's teacher to bring in birthday snacks. A reminder that we do not have birthday parties in class and do not allow cake, cookies or cupcakes. However, if approved by your child's teacher, healthy snacks from the list below may be shared with students.

Fresh fruits (bananas, apples, pears, grapes)

Canned fruits (in natural or light juices) Fresh vegetables (baby carrots, broccoli, celery sticks)

100 % Vegetable or fruit juice boxes or unsweetened vegetable or fruit juice , Water, Low-fat milk, flavored or unflavored

Dried fruit (raisins, craisins, banana chips), Applesauce cups, Unsweetened cereal, Pretzels



Nuts or seeds (almonds, walnuts sunflower seeds), Low-fat cheese, Crackers (graham, goldfish, teddy grahams, and animal) Baked chips, (tortilla, plain, or veggie), Cereal bars , Granola bars, Oatmeal bars, Mini muffins, Bagels or English muffins Yogurt, Mild salsa, Peanut butter Sugar free gelatin cups Individually wrapped rice krispie treats

As you know, our mission here at Pinellas Central, is for every student to reach their highest potential. One way to ensure this success is to have students at school, on time, every day. In an effort to help families report student absences, we are implementing an electronic method as another way for you to communicate when your child will not be attending school.

On our school website, <http://www.pcsb.org/pincen-es>, you will find a new icon that says "Report Student Absence". This is just an additional way for you to notify us that your child will not be at school. You can also include an attachment, such as a doctor's note, if you wish. In addition to the electronic notification, you can still call the school or write a note in your child's agenda.

Thank you! Happy New School Year!!



Mustang Round Up Department News

Dr. Wohl's Corner:

I am so happy to be back at Pinellas Central Elementary this year with our great students, parents and teachers. Our students receiving all kinds of support from our administrators, staff and parents which can only be helpful to their progress and growth throughout this school year. But, you know what else helps? Ownership and goal setting. By that I mean helping our scholars set specific goals for themselves and celebrating when they reach their goal. This can help motivate him/her and increase confidence. The goals should be very specific and the children should help set the goals with you. It's amazing how involved children can be with taking ownership of their goals. They like the idea of having you involved and celebrating success. This helps children learn goal setting which is a great skill needed for future success in life.

The goals you set together can be for academics, friends, classroom behavior etc. Just be specific. For example, a shy child may have a goal for speaking to two other kids for one minute every day and get a star for each day of success. Encouragement can be given on unsuccessful days. After 5 or 10 stars, depending on how hard the task is, a privilege could be given. The privilege could be picking a movie for the family to watch at home etc. After a goal is reached and celebrated the next level of the goal would be set. For academics it could be spending a certain amount of productive time on iStation or getting to the next level (be specific) The goal should be moderately challenging, not too easy or too hard. The student will help gauge what will work. Just keep it do-able, supportive and celebrate. You'll be pleasantly surprised by your child's progress.

ESOL News

Our Principal's Multicultural Advisory Committee will begin on September 2nd with students selected by their teachers in grades 3-5. We are excited to meet all of our new members and get to learn about different cultures.



Also, our ESOL Morning Language Club will be starting on October 10th for the students invited to attend. If your child is participating please make sure to drop them off at 7:45 if they are having breakfast. The program will run from 8:05-8:35 Monday-Thursday. Permission slips will be going home soon, look for them in your child's agenda.

Patrols of the Month

Thank you to the patrols that started the year off before patrols started up!

Chloe Vance

Samantha McDonald

Andrew Currier

Colby Redding

Omar Abouelsenoun



Manuel Breijo

Joseph Nguyen

Bryana Villalona

Lily Jackson

Alyssa Wheeler

Occupational and Physical Therapy Corner:



Welcome back to another school year. Mary Ellen Sharp, RPTA and Lynn Chauhan, RPT (who provides supervisory visits and performs evaluations/re-evaluations) have returned to provide Physical Therapy services. Kim Webster, MSOT, OTR/L has returned to provide Occupational Therapy services. We provide therapy services to special needs students. We hope to provide helpful articles throughout the school year that will benefit all children.

How are you wearing your backpack? How heavy is it? These are important questions you should be asking yourself and your child. The weight of the backpack should be no more than 15% of the total body weight. Weigh yourself then weigh the backpack. Oh, here it comes -MATH! This is real world math though and something very important. $(\text{Body weight}) \times .15 =$ the maximum weight the backpack should be. For example, if you weigh 75 pounds you would multiply $75 \times .15 = 11.25$. Your backpack should weigh no more than 11 pounds.

Now, how are you wearing it? Is it slung way down low on your back or up high? Ask someone in the military about how to wear a backpack and they will tell you it's important for your back to wear your backpack up high on your back-the higher the better. Also, heavier items should be placed closest to your back in the backpack. You may think you look cool wearing your backpack near your knees, but you are risking injuring your back. Tighten those straps and wear it high.

So, give your back a break. Don't load your backpack with unnecessary books, pack heavier books near your back, and wear your backpack up high. Oh, and don't forget, the shoulder straps should be nice and wide, snug but not tight, and wear both of them. Do not sling your backpack on one shoulder as this will cause you to lean to one side curving your spine and leading to possible injury.

Please, protect your back by using these tips. Here's to your back's health!!

Brain Gym

Brain Gym is a movement based program to enhance learning. True learning is not just mental but involves patterns of physical activities. Brain Gym consists of 26 movements to enhance personal development and diverse fields of learning.

Parents may not realize that infants and toddlers are already building their brains by developing an orienting system and movement skills that will later support their academic abilities. Movement bestows the natural, lifelong adventure of learning. *

Throughout the school year Kim and Mary Ellen will be introducing the 26 movements through information to the classrooms and via the newsletter.

*Brain Gym by Paul E. Dennison and Gail E. Dennison

Mustangs Round Up Department News

Art News



Welcome back to the 2016-2017 school year. I am glad to be working with all my new and returning art students. Already students are creating great works of art! This year we will be learning about drawing, painting, mixed media, sculpture, ceramics, printmaking, and digital art. We will also be discussing the elements and principle of art and how to successfully use them in our work. During the year I will be displaying student art throughout the school, so be sure to stop by, as the artwork will change frequently.

Let's have a fun and creative school year!

Mrs. Woodward

Music News



Dear Parents,

Welcome to music class at Pinellas Central Elementary school. I am excited and privileged to be the person responsible for your child's music education this year. Below, you will find the criteria for how I determine student grades.

Grading criteria is as follows:

In music class I will:

Participate in all activities

Sing and play instruments correctly

Stay focused and on task

Do my best work

Volunteer to answer questions and demonstrate my skills (beat/rhythm, singing, movement, music reading, playing instruments)

I look forward to showcasing these qualities through a variety of performance opportunities throughout the coming year.

Musically,

Blair Duffy

PE



It's FitnessGram time again! FitnessGram is the name of the tests that are being done to evaluate student's fitness level. Starting in September all students will begin the Being Fit Matters pre-test. The testing consists of push-ups, curl ups, pacer, sit and reach, trunk lift, and height and weight. During P.E. class we encourage all students to give it their best effort. Throughout the school year we will work on improving your child's fitness levels. In the Spring we will complete the FitnessGram post-test. These scores will show the gains that our students will make with their fitness levels from the school year. Students are encouraged to bring a water bottle outside for P.E. class. Students also need to wear the proper shoes that cover their heels and toes.

UPcoming EVENTS

9/1/16 Wounded Warriors Visiting PCE

9/5/16 School Closed for Labor Day

9/6/16 PTA Board Mtg. 5:30pm

9/9/16 Mid Terms Go Out

9/13/16 McDonald's Spirit Night 4pm-9pm &
Astro Skate Party 6-8pm

9/15/16 ESOL Night 6:00pm

9/19/16 Fundraiser Kick Off

9/27/16 Health & Safety Fair



Zika Prevention Information

Responding to news of one case of Zika Virus in Pinellas County our School Health Services Department provided the Mosquito Prevention flyer in this newsletter. In addition, Pinellas County Schools utilizes air conditioning and ensures there is no standing water around our school sites to reduce mosquito risk. Concerned parents should spray their child's skin and clothing with insect repellent before coming to school. Many brands of repellent last up to 8 hours, so spraying before coming to school should provide coverage for the school day. See attached flyers for more information.