

Pinellas Central Mustang Round-Up



December 1, 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.

Principal's Message,

Greetings Pinellas Central Families,

As we approach the Winter Break and a new year together, we would like to take this occasion to warmly wish each of you and your families a most happy and healthy holiday season! We hope that you will find time to relax and create special memories with your children. As always, we are proud of how hard our students and staff have been working each and every day! We want to thank you for the continued support you show to your students and to PCE. One of our school-wide goals this year is to help our students become stronger writers. Perhaps taking a moment to have your child journal their favorite winter break memories would make for a wonderful keepsake! One day, you will enjoy reading these types of memories.

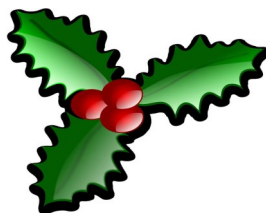
In the meantime, we wish to invite you to our winter program *Holiday's Around the World* with a performance by our PCE chorus on December 15th, as our students ring in this festive time of year. This evening event runs from 6:00 pm to 7:30 pm. Our PTA will also have the Wonderland Gift Store open for students to purchase gifts for their family and friends. Please join us for this festive holiday fun event.

I wish to kindly thank you for all your support and participation in The Great American Teach In held in November. We had approximately 45 presenters come out and share their skills, knowledge, and life-experiences with our students. It was a great day for PCE as we experienced what it means to belong to a greater community. We witnessed a jam-packed day of students immersed in learning about various professions and skills.

Please remember to check our school website on a regular basis for updates and information, including our monthly calendars and newsletters. The website may be accessed by logging onto <http://www.pcsb.org/pincen-es>. As always, we look forward to hearing from you, and most importantly, seeing you around campus.

Dr. Cara Walsh

Principal



Mustang Round Up Announcements and Reminders



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.



Please click this survey link to participate in the annual Pinellas Central Elementary Title I Parent Survey. The purpose of this survey is to provide the Pinellas County School District's (PCS) Title I Program leadership with valuable feedback from parents of students enrolled at Pinellas Central Elementary. Your opinion counts! Survey Closes December 14th!

<https://www.surveymonkey.com/r/ParentReview2016>

All your child's
school flyers online—
at your fingertips!



Subscribe Now for Peachjar eFlyers

powered by:
peachjar
eFlyers

December 7th 4pm-9pm is PCE's Spirit Night
at Tijuana Flats Tex-Mex located at
7860 US Hwy. 19 N. Pinellas Park, FL 33781



We are proud to announce that we have chosen Wonderland Gift Shop for our children's holiday gift store this year. This will give your child the opportunity to shop for gifts for friends and family while at school. Most items are priced under \$6. More information and envelopes will be sent home. The store will be open December 8th – 15th. Students will be allowed to shop during their lunch time and any time the teacher allows with a pass. ONLY students with money will be allowed to go to the store. There will be a special time for families to shop on December 15th during our Holidays Around the World event.



Kindergarten
ROUND-UP

Date: January 11, 2017

Time: 6:00pm-7:00pm

Location: Pinellas Central Elementary

Mustang Round Recognitions

PMAC students had a very successful can food drive collecting a total of 1,835 cans!!!

The winning classes for the school are...

- 1st- Sherman (3rd grade)
- 2nd- Robinson (1st grade)
- 3rd- Hevia (2nd grade)
- 4th- Sweiss (2nd grade)
- 5th- Nichols (4th grade)



The grade level winning classes were...

- Pre K- Jenkins
- K- Nault
- 1st- Robinson
- 2nd- Hevia
- 3rd- Sherman
- 4th- Nichols
- 5th- Harmon



December Patrols of the Month

Zoe Monroe- She is always filling in at the car circle in the afternoon. She takes great pride in her job and does a wonderful job of keeping students safe.

Bryan Villalona- He is always on his post on time and makes sure he stays on his post the entire time until it is safe in the hallways.

Bryana Villalona- She is one to do her job without complaint. She even did her work when she was left alone on post. What perseverance!

Our new captains will be:

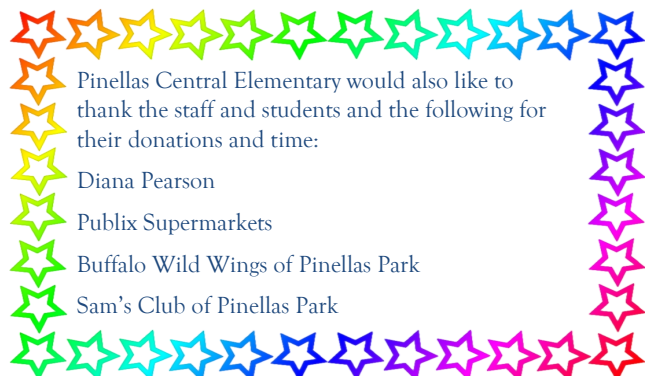
- Javier Ocasio**
- Manuel Breijo**



On behalf of the students and staff of Pinellas Central Elementary we would like to thank the following for making our G.A.T.I. a success!

- Story Time-Mae Root
- Pinellas Park Fire Department- Lance Go
- City Of Pinellas Park (backhoe)- Raymond Kraus and & Edward Foster
- City Of Pinellas Park (vactruck)- Arnaldo Vega & Terry Tuggle
- Manatees- Jennifer Johnson & Kari Rood
- Disabilities- Barb Page
- Pinellas Park Police Dept./K-9- Officer Pringle
- Dali Museum- Bonnie & Mike Walker
- Boxing- Lenroy Thomas
- Pinellas Park Police Dept.-Officer Luginbill & Officer Ruffner
- Opera/Music- Marcia Lork & Nancy Scott
- Art & Metal Sculpture- John Ross
- Custom Mobility (Wheelchairs & Disabilities)-Scott McGowan
- Florida Wildlife Commission (Art & Color of Koi Fish)- Bob Heagey
- Fins & Skins (Herpetology)-Joe Declat & Jesse Cole
- Ikebana (Japanese Flower Arranging)- Susan Thorpe & Bet Groshong
- Ikebana (Japanese Flower Arranging)-Patricia Carey, Kathy LaDuke, & Ipek Ceyhan
- Sam Ash Music- Anthony Scalamogna
- Big Cat Rescue- Barbara Nichols
- Magic & Balloons- Al Nye The Magic Guy
- Photography- Jonathan Fanning
- Suncoast Ghostbusters- Jason Rawley & Friends
- One Blood- Travis Germain
- Shriners Hospital- Bob Clifford
- Aviation- Joseph Wieland
- Bee Keeper- Jim Johnson

- UPS- Warren Wilson & Dave Lamb
- Crossing Guard- Carl Wilson
- Embassy Limousine-Michelle Martinez
- Clearwater Marine Aquarium- Savannah Gandee
- Bite Prevention & Narcotics- Kristen Triplett
- SPCA- Alex Doerr
- City Of Pinellas Park (Spider)-Ryan Mendrela
- Detective Work- Richard Schock
- Bees & Pollination- Jan Morse
- Duke Energy- Jon Griswold & Todd Deerwester
- Beasley Media Group 94.1 - Joey Franchize
- Pinellas County Sheriffs Office- Keith Felsman
- Truly Nolan- Richard Relak



Pinellas Central Elementary would also like to thank the staff and students and the following for their donations and time:

- Diana Pearson
- Publix Supermarkets
- Buffalo Wild Wings of Pinellas Park
- Sam's Club of Pinellas Park

Mustang Round Up Department News

Dr. Linda's Corner



The holidays are coming! The holidays are coming! What comes to mind when we say that? A real mixture of emotions. The anticipation can be both wonderful and stressful. How can we make it more wonderful than stressful? The first way is to set the goal of just having fun. Often we get a picture in our heads of the perfect holiday, whatever that is for each of us, and it is different for each member of the family. My suggestion is to think of the perfect holiday as one during which the family just has fun and relaxes. This will go a long way in reducing stress. So let go of unrealistic expectations. If mom or dad is stressed, the kids will be also. Relaxed children are better behaved which, in turn, helps parents to relax. One idea is to ask each person what their idea of a great holiday is and come to some compromise where everyone gets to do something fun. I'm talking about everyday things like watching a family movie and eating caramel popcorn, not going to Hawaii. So before you rush from place to place trying to get the just right gift, or make the just right meal, or expect all the relatives to act just right, stop and consider that the best holidays are the ones that may not be perfect but are fun. That's what the family will remember.

PE News

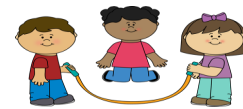
Hooray! It seems that we are finally getting a break in the weather! What a great time to get together outside as a family and begin some nightly walks. Have you ever been on the Pinellas Trail? That is another wonderful recreation spot right here in our county that is great for walking, bike riding, or skating!

We have been working hard during PE class this past month. Our curriculum units have included football, hockey, basketball, and soccer. It is great to see the progress that the kids make - their effort really pays off. It looks like we have some future Tampa Bay Buccaneers at our school! When was the last time that YOU tried to jump rope? It is so good for your heart! We challenge you to see if you can break our student rope jumping records. One student holds both the short and long rope record. He jumped 246 times with a short rope without a miss, and then he jumped 311 times over a long rope! Now that's some aerobic endurance!!

Mr. Tuttle

Mr. Brindley

Mr. Wilson



ESOL News

We are getting ready for our Holidays Around the World celebration on the evening of December 15th from 6pm-7:30pm. Many of our ESOL students' cultures will be represented so, come and celebrate to learn about the many celebrations around the world.

The Holidays
Around the World



Counselor's Corral

December Character Word

Kindness

(Being nice and considerate towards others.)



Grief Support for children and Families

The holidays can be hard for families who have experienced a loss. Did you know that Suncoast Hospice helps families and children who are dealing with the loss of an immediate family member, regardless of whether you or your deceased loved one received hospice care. Children experiencing the loss of a loved one or friend need specialized support appropriate to their age and circumstance.

For more information, call Suncoast Hospice (727) 467-7423

Or visit their website: <http://www.thehospice.org/Grief-Healing>
Be Strong, Be Safe, and Happy Holidays!

Warm regards,

Mrs. Rosen



Chorus News!!!

Come see the Pinellas Central Mustang Chorus perform at Holiday in the Park at England Brothers Park on Friday, December 2 at 8:00 p.m. Chorus students should arrive at the event to meet Ms. Duffy at 7:30 p.m.



Chorus Winter Concert is Thursday, December 15th at Pinellas Central. Chorus students will meet in the art room at 5:30 p.m. The concert begins at 6:00p.m. and will be followed by our PTA winter event. Please wear chorus shirts with black pants or skirts. If you have any questions, please contact Ms. Duffy via email at duffel@pcsb.org.

Musically,

Ms. Duffy

Mustang Round Up Department News & Dates to Remember

Occupational & Physical Therapy Corner

Brain Gym: This month we are going to focus on specific movements that will help with working with objects in midfield. These activities address the coordinated movements of the head, shoulders, and arms with support from the lower body (supporting posture and stability) when using the hands and eyes to do puzzles, creative work, and other concrete operations. The movements consist of Brain Buttons (refer to September newsletter), The Double Doodle, Lazy 8's, and Cross Crawl Sit-ups (see illustrations below).

1) Double Doodle: A bilateral drawing activity done in the midfield to establish directionality and orientation in space to the breastbone (and midline) of the body.

Using your hands and arms in simultaneous motion, draw mirror-image shapes on a large easel or board (or large paper taped to the wall) with 2 different colored markers or crayons. Move from your shoulders as your hands flow in, out, up, and down and as interesting shapes emerge.

2) Lazy 8's: A Lazy 8 or infinity symbol encourages the coordination of the eyes for crossing the visual midline without interruption, and building eye-movement skills within the left, right, and central visual fields.

At eye level, draw on an upright board (or for a group, draw in the air in front of you with one thumb) a large 8 lying on its side, moving counterclockwise on the left side first-up, over, and around-and then clockwise on the right side. Do this three times, then switch hands and move in the same pattern three more times. Finally, draw with both hands (clasp hands together, crossing your thumbs), and again follow the pattern three times. You can also draw Lazy 8's using streamers, or draw them against different tactile surfaces such as sand, carpet, or a chalkboard.

(Note: start out moving upward to provide an alphabetical template for printing; an 8 that starts downward doesn't follow the flow of the alphabet.)

3) Cross Crawl Sit-ups: Strengthens the abdominal and upper-back muscles and relaxes the lower back.

Lying on your back (on a padded surface to protect your tailbone) with your knees bent and raised toward your chest, link your hands behind your head, cupping your hands loosely behind your ears. Slide your head back to tuck your chin in toward your chest; press your back into the floor, and use the "X" between your ribs and hipbones to tighten your abdominal muscles. With shoulders relaxed down, reach with one elbow toward its opposite, lifted knee, somewhat extending the other leg then return to starting position. Repeat with opposite elbow. Continue for a count of 20 performing slowly and evenly directing each alternating elbow toward its opposite knee.

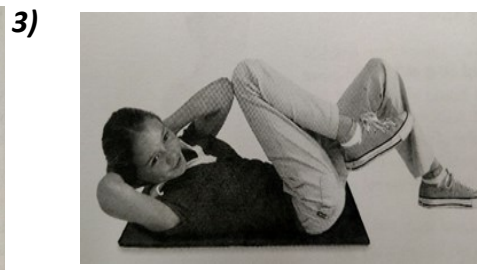
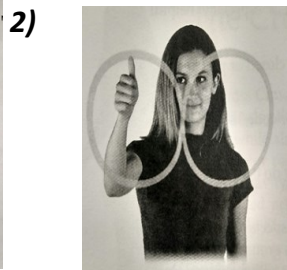
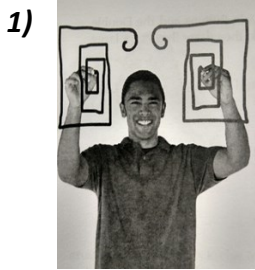
Academic Skills the Activity MAY Enhance:

Double Doodle: following directions, writing, spelling, and math; improved sports abilities, movement skills, and eye hand coordination

Lazy 8's: the mechanics of reading (left to right eye movement) and reading comprehension

Cross Crawl Sit-ups: reading, listening comprehension, math, the mechanics of spelling and writing; stronger abdominal muscles for ease of sitting and standing; activation of the diaphragm for easier breathing; more active posture for comfort during extended periods of sitting

Taken from Brain Gym by Paul E. Dennison and Gail E. Dennison



12-5 PTA Board Meeting

12-7 PCE Spirit Night at Tijuana Flats 4pm-9pm

12-8 Wonderland Gift Shop Opens

12-15 Holidays Around the World 6pm-7:30pm and last day to shop at Wonderland Gift Shop

12-19-1-2-17 Winter Break No school for students

1-3 School reopens for students