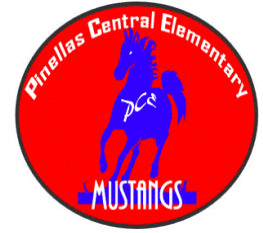


Pinellas Central Mustang Round-Up



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.

November 6, 2017

Principal's Message

Greetings Pinellas Central Family Members,

As we begin to think about Thanksgiving, we would be remiss if we did not stop and reflect on our first few months at Pinellas Central Elementary. We are thankful for our scholars who come to school eager to learn every day. We are very thankful for our parent's continued support and involvement with their child's education. Remember, as their first teachers, you set the example for the importance of school and academic achievement. Also, we are so thankful for our teachers and staff who give so many hours of their days to provide our students with the instruction and guidance they need to experience academic success.

A big thank you to all the family members who participated in our first Donuts for Dads on October 13th and also to all family members who came to school on the same day for Student Lead Conferences. What a great way to show your child you value their education!

On a safety note, you may have noticed cones are placed on 58th street to help keep our children safe and our parents from receiving traffic tickets. Please remember that as posted, no left turns are to be made into the school from 8:00AM-9:00AM and from 1:15PM-3:15PM. This is to ensure the safety of our students.

There are many opportunities for you to become even more engaged in our school. For example, the Great American Teach-In on November 15th, volunteering in our media center or on field trips, and of course, by joining your child for breakfast or lunch. Please make sure you see Jami Carpenter or a front office staff member to complete our volunteer paperwork if you are attending field trips. We look forward to hearing from you, and most importantly, seeing you around campus.

Dr. Cara Walsh

Principal



Mustang Round Up Announcements & Reminders

11/6 PTA Board Meeting / SAC Meeting
11/7 Astro Skate 6pm-8pm (cash only) & McDonald's Spirit Night 4pm-9pm
11/7-11 Apex Fun Run Fundraiser
11/11 PTA Sidewalk Sale 8:30am-12:30pm
11/14 Kindergarten Nursery Rhyme Show 6pm
11/15 Mid Terms Go Home
11/15 Great American Teach-In
11/16 Apex Fun Run
11/17 Fall Picture Re-Takes
11/20-11/24 Thanksgiving Break



Do you have an interesting job or hobby that you would love to share with our scholars? On November 15, 2017 we invite you to be a part of our annual Great American Teach-In! To be a part of this wonderful event or to find out more information please contact our Family & Community Liaison, Jami Carpenter at (727)547-7853 ext. 2101 or via e-mail at carpenterjam@pcsb.org.



Thank you all of our families and staff that took part in Trunk or Treat! Thank you for the candy donations and joining us for this fun night! A special thank you to A Funny Business, LLC for the bounce house and dump bucket as well as DJ Anthony Green for the great music!!



We would like to give a big congratulations to our winners of our Trunk or Treat Decorating contest!

1st Place Meschke Family, It's The Great Pumpkin Charlie Brown

2nd Place Moon Family with their Ninja Turtle Trunk

3rd Place Kleiner/Dowdy, Movie Theater Trunk



Starting on 11/7 we will be kicking off our Apex Fun Run Fall Fundraiser! Scholars will have daily character and team building lessons and opportunities to earn prizes. Scholars will work on getting friends and family members to pledge money towards their participation in our Fun Run. Our run will be held on 11/16 during school. A portion of the proceeds raised will go directly to our PE department.

DOES PINELLAS COUNTY SCHOOLS HAVE YOUR CORRECT CONTACT INFO?

Parents can now log onto the Student Reservation system to update their phone numbers and email addresses

Providing up-to-date contact information will enable you to receive:

- Communications about emergencies or severe weather events
- Timely information about school or district events
- Information and status updates about choice and other special application opportunities

To update your information:

1. Visit <https://reservation.pcsb.org> and log in with your parent username (P.xxxxxx) and password. If you do not have a parent ID, you can get one by going to any school and presenting a valid photo ID.
2. Select the option: "Change Phone and Email Address Only"
3. Enter your child's name and date of birth or student ID number, and then update your phone number and email address.

Remember: *Updating the emergency contact card at your child's school does not update your contact information in the system used for automated phone calls and emails.*

Please check and update your contact information as soon as possible. Questions? Call the Student Assignment Office at 727-588-6210.



Mustang Round Department Up News & Science Power Words

ESOL News



Pinellas Central Elementary Canned Food Drive

Sponsored by the students in PMAC

(Principal's Multicultural Advisory Committee)

Please help us collect nonperishable food items for a local Food Pantry. The food bank serves many families in need within our community. We will be collecting the nonperishable food from November 6th through December 1st.

Donations should be dropped off in student's classroom.

Items needed include canned vegetables and fruits, peanut butter and jelly, cereal, rice, beans, pasta, and juice.

We will have a winner from each grade level and an overall winning class for the school who will receive a special prize!

PE

In the month of November we will continue our lessons in team sports. We will be teaching skills in basketball, soccer, volleyball, and football to all of our students. The week before the Thanksgiving break all students will be participating in cooperation games. Students will be taught the importance of working together as a team to accomplish a goal. We would like to see an increase of student's physical activity levels at home. The goal is for students to get a minimum of 30 minutes of physical activity outside of the school day. Planks, curl ups, leg lifts, toe touches, and bottom balance are some of the exercises that can be done to increase core strength.



Dr. Wohl's Corner

Jobs at home. Is it worth the struggle? It can feel like constant reminders, nagging, and giving consequences. In the short run, it can seem easier to just do the chores yourself. We may fear damaging our relationship with the struggles, guilty to ask because of our children's busy schedules, or believe our little ones are too young to take responsibility. But, we just need to have the chore fit the age. However, although it may be hard at the time, kids benefit from the experience. Children who have a set of jobs at home have "higher self-esteem, are more responsible, and are better able to deal with frustration and delayed gratification, all of which contribute to greater success in school."

Chores give our children an opportunity to contribute to the family and give back for all you do. It connects them to the family. It also gives them the skills needed to plan for and complete a task as well as a feeling of mastery. These are all great life skills that will help our kids to function better in the outside world. So, even though it may be harder at the time to persist in having them do chores, both you and they will benefit.



Science Power Words

gravity	renewable resources
rotation	nonrenewable resources
revolution	physical change
weathering	chemical change
erosion	metamorphosis
evaporation	omnivore
condensation	predator
precipitation	larva
climate	pupa
humidity	seed dispersal
reflection	liver
refraction	intestines
absorb	pancreas
conduction	kidneys
friction	stamen
balanced forces	mineral
unbalanced forces	variable
pollination	closed circuit
fertilization	plant structures
germination	mammal characteristics
function	reptile characteristics
mixture	amphibian characteristics
dissolve	bird characteristics
pistil	

Mustang Round Up Counselor's Corral & Students of The Month

Counselor's Corral

Dear PCE Families,

I hope you all are having a happy Fall! **OCTOBER** was our month for practicing **COOPERATION** – *getting along with others and working together to accomplish a goal*. Students practice cooperation at school by following teacher directions, working together to solve problems and complete projects, as well as getting along with others. At home, students can practice **cooperation** by helping with chores around the house.

Please see the list below naming our
October Students of the Month for Cooperation!

During **NOVEMBER** we will be practicing good **CITIZENSHIP** – obeying laws and rules, respecting authority, and helping our school to become the best it can be! There will be lots of opportunities to practice good citizenship skills at school and work towards being the Student of the Month for November!!

Thank you for all you do to support your child's education!

Mrs. Rosen



October 2017 Students of the Month COOPERATION

Kindergarten

Yamilliz Jimenez - Bodell
Eriyona Fields - Brennan
Taylin Anderson - Gantz
Moises Zacarias - Gross
Havilynn Worthington - Nault
Sanhith Aireddy - Reitz

First Grade

Chrisarian ONiel - Bohrsen
Jobe Walko - McHale
Adrienne Mangum -Pruden
Steven Michael - Robinson
Isabella Navarro-Lazano - Walko
Filip Milenkovic - Williams
Michael Dixon - Wylie

Second Grade

Becky Rafael - Georgia
Victoria Lage -Herman
Jaslyne Davis - Ristoff
Mateo Donado - Thigpen

Third Grade

Caden Frost - Gasky
Isabella Duong - Hevia
Cody Thompson - McConnell
Adam Nguyen - Robertson
Meliano Rodriguez - Sweiss
Gabriella Ortiz-Melo - Quinn



Fourth Grade

Alex Spike - Brnada
Natalia Bulnes - Harmon
Dezmarie Aponte- Hoylman
Jace Casteneda - Johnson
Kyree Ferguson - Nichols

Fifth Grade

Shawn Jackson - Avolt
Alex Castillo - Hallenbeck
Logan Reuter- Pizzi
Kadir Sulejmanovic -Redington
Aiden Sihanath -Sturz

Patrols of the Month



Amari Caro- He does a great job of getting the flag up every day and helping the front office staff with any of their needs. Thanks for your dedication Amari!

Shawn Jackson- He does a great job of helping out at the car circle. Even in the afternoon he is willing to stay on post to help out the adults outside.

Lexie Chaseng- She is always willing to fill in and help out when patrols are missing their post. She is a great help all around! Great job Lexie, keep up the great work!

**Way to go Patrols! Keep up
the great work!**

Mustang Round Up Department OT/PT & Clinic News

Occupational & Physical Therapy



“Exercise is really for the brain, not the body. It affects mood, vitality, alertness and feelings of well-being.”
John Ratey, MD. Just as eating a well-balanced diet is good for physical health, exercising in a variety of ways is not only good for the body but it is also good for brain health and brain fitness. Different forms of exercise target different areas of the brain. Aerobic exercises have been shown to improve memory. To improve complex thinking, multitasking, reasoning and problem solving, lift weights and perform sports drills. Sports drills also help improve attention, switching between tasks, visual spatial processing and inhibition. Yoga helps to integrate thoughts and emotion and decrease fear and anxiety. High intensity interval training helps to curb appetite and is good for weight loss. Exercise that challenges balance with movement and thinking, improves working memory and visual spatial processing – for instance the ability to judge how fast a car is moving and whether there is time to cross the road.

It is recommended that children receive at least one hour of exercise a day which is best spread throughout the day. Taking a brisk twenty minute walk or run helps to increase focus before a test. Highly structured exercises as in sports drills and learning a sport improves focus and attention over a longer period of time but is not a recommended approach right before a test as it may actually decrease focus as it is taxing on the brain.

Physically fit children have larger hippocampi (the part of the brain responsible for memory) and basal ganglia (the part of the brain responsible for movement control – turning thoughts into actions and helping the brain switch between tasks) which equates to improved brain function which equals smarter children.

Exercise is also important as we age to help postpone the effects of diminishing memory. The Hippocampus shrinks as people age. Adults who remain physically active have younger looking and acting brains. *

Bottom line for improved brain function in young and old – put down the phone, the iPad, the computer and move! Do an activity that is liked because that will be the activity that will be done. Just move!

A side note – the convenience of a smart phone, iPad, etc. has led to children always engaged in something. Prior to the advent of these devices children (and adults) became bored and would seek creative ways to escape boredom. Out of boredom comes creativity which inspires inventions, songs, stories, poems.

*Conscious Life News 12/25/2016 New Finding: Different Types of Exercise Affect Different Parts of Your Brain by Teal Burrell

CLINIC NEWS

Our clinic is in need of extra clothing to use when a student has an accident at school. A variety of sizes are needed to fit pre-k up to 5th grade students. Outerwear and belts may be used, but undergarments and socks must be new.



Happy
Thanksgiving

A Thanksgiving-themed illustration featuring a cornucopia overflowing with pumpkins, gourds, and autumn produce. The scene is set against a white background with a blue border.