

# MUSTANG MINUTES

*Pinellas Central Elementary Newsletter*

Abigail Cannata  
Principal

Nicole Kavaliauskas  
Assistant Principal



## A Message from the Principal

Happy September, Mustang Families!

It is hard to believe we are half-way through our first quarter. As I have mentioned in my calls, our Mustangs have been working extremely hard to learn our school Guidelines for Success: CHARGE. C-considerate, H-honest, A-appropriate, R-responsible, G-gritty, and E-engaged. I encourage you to continue asking your Mustang student what CHARGE looks like in the school setting, but also in other areas of their day.

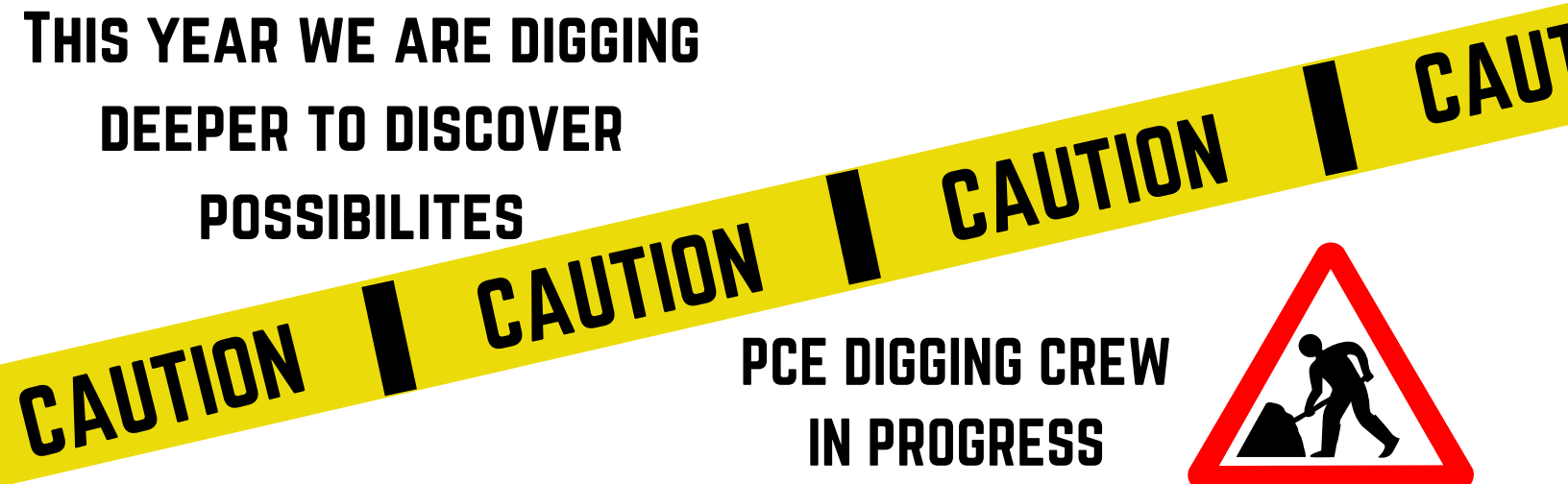
It is important to know that the two points I stress to our students is that we come to school to learn, but in order to learn, we have to feel safe. You will often hear me use the statement “We come to school and are safe so we can learn.” The safety of this campus is of upmost importance to me so that our students have an environment to thrive in socially, emotionally, and academically.

As your child’s Principal, I want you to know that I feel that our students’ success is based on the strength of the relationship that is built between home and school. I desire for you to be an integral part of your child’s education so that together, we can meet the individual needs and CHARGE to success. Thank you for entrusting your child(ren) to us here at PCE each day. I do not take the role of Principal and educator lightly, and will continue to work to make Pinellas Central all that it can and should be.

Thank you for all you do for our Mustangs.

Sincerely,  
Abby Cannata, Principal

**THIS YEAR WE ARE DIGGING  
DEEPER TO DISCOVER  
POSSIBILITIES**



**PCE DIGGING CREW  
IN PROGRESS**



## UPCOMING EVENTS

9/8/21- 9/21/21 : Fall PCE Fundraiser

9/30/21: Virtual PCE Open House

10/22/21: Trunk or Treat

11/17/21: Great American Teach-In



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## OPEN HOUSE

Open House will be held virtually, through Teams. Our current date for Open House remains Thursday, September 30th.

PK - 2nd: 5:00-5:30

3rd - 5th: 5:30-6:00

Teachers will send out a Teams meeting invitation. The meeting will also be recorded in case families are unable to attend.

## 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)

## MEDIA CENTER INFORMATION

Hello Families!  
If you still have library books from previous school years, please return them as soon as you can.



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# MEET THE STUDENT SERVICES TEAM AT PCE!



Mrs. Odrzywolski joined the PCE staff in August of 2020. She has a bachelor's degree in Psychology from the State University of New York, College at Fredonia and a Master's degree in School Counseling from the University at Buffalo, State University of New York. For over 13 years, Mrs. Odrzywolski worked at the State University of New York (SUNY) system in the field of international education focusing on helping students study abroad. Here at PCE, she helps students develop personal/social and academic skills, and coordinates their career education. Mrs. O is the Section 504 coordinator, AVID coordinator, primary counseling contact, and she delivers classroom counseling lessons to all students in all grade levels on a monthly basis.



Ms. Lawrence is beginning her 2nd year as the school psychologist here at Pinellas Central Elementary. She holds an Educational Specialist degree from Florida International University in School Psychology, a Masters in Educational Psychology from Florida Atlantic University and a Bachelors in Psychology from the University of Delaware. Prior to becoming a school psychologist, Ms. Lawrence taught middle and elementary school. Here at PCE, she meets with parents and teachers to discuss learning, behavioral, familial, and social problems, individualizes academic and behavioral interventions, provides individual and group counseling, and conducts psychological and academic assessments.



Mrs. Pham Harrison is Pinellas Central Elementary School's social worker. She has background experience in child welfare, and pediatric hospital social work. This will be her second year as a School Social Worker in Pinellas County Schools. Mrs. Pham Harrison has grown up a public school student living in Chicago, Illinois but she went on to receive her Bachelor of Social Work from Florida Gulf Coast University (FGCU) and her Master of Social Work from University of South Florida (USF). She is available to assist families at PCE with food, clothing and other available community resources like outside mental health referrals as well as working with families in housing transition with H.E.A.T. She plays a role in observations and assessments for Individual Education Plan evaluations as well as offering support to school staff in regards to behavioral management and emotional coping skills.

## Contact Information

Mrs. Odrzywolski, School Counselor: [odrzywolskim@pcsb.org](mailto:odrzywolskim@pcsb.org)

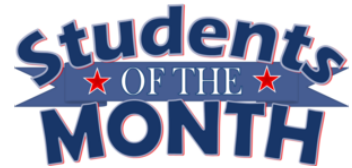
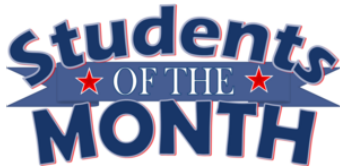
Ms. Lawrence, School Psychologist: [lawrenceche@pcsb.org](mailto:lawrenceche@pcsb.org)

Mrs. Harrison, School Social Worker: [phams@pcsb.org](mailto:phams@pcsb.org)

# STUDENT SERVICES

## Character Education Word of the Month: CITIZENSHIP

- Being law abiding and involved in service to school, community and country.



Students who show exemplary CITIZENSHIP throughout this month will be nominated for Student of the Month and will be recognized on the morning news show which is broadcast to the school and accessible through Canvas.

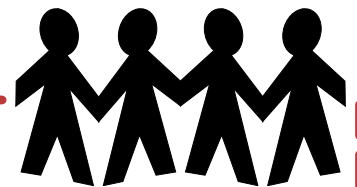
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## PARENT CORNER



### Tips for Healthy Children

#### Set Your Child Up for Success

- Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
- Limit TV, computer, and video game time to less than 2 hours per day. Encourage physical activity instead.
- Children ages 6-12 years old need 9-12 hours of sleep each night according to the American Academy of Pediatrics (learn more about Healthy Sleep Habits here)
- Eat together as a family as often as possible.
- Include physical activity in your daily routine. Walk as a family before or after meals.
- Balance calories you consume with calories you burn.



# FAMILY/COMMUNITY LIAISON NEWS

Great American Teach-In is November 17th!! It will be in person this year! If you, friends, or family would like to come to the school this year to participate please contact Katie Murray.



PCE is allowed to have Volunteers on campus this year!! If you would like to volunteer and or become a mentor, you will have to complete our volunteer registration form. Please read the next page on how this process works.

PCE is looking for a All Pro Dad's Team Leader. If you are interested in learning more information please contact Katie Murray.



If you have any questions, please contact the Family and Community Liaison Kathleen Murray at [murraykat@pcsb.org](mailto:murraykat@pcsb.org) or 727-547-7853 ext. 2001



# VOLUNTEER INFORMATION

Get Involved with our Future

Volunteer, Mentor, Tutor, Speakers, PTA/PTSA, School Advisory Council, Business & Community Partnerships and Family Engagement and more...

The Office of Strategic Partnerships, Family & Community Relations mission seeks to formalize relationships between the district, schools, and community to bring resources together to support student success in our schools. We hope we can count on your support!

Complete the online registration and upload your driver's license or a photo legal ID. Your application will be processed, and you will receive an email approval with a User ID and password to log your volunteer hours.

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Sign up online at :

<https://asd.pcsb.org/schoolwiresforms/volunteer/>



## What do I need to get started?

- The online form will take approximately 5 to 15 minutes to complete.
- Please use a desk top or laptop computer to complete the online application. Do not use a cell phone. For the best experience, please use the Chrome browser and devices with full size displays.
- A Government Issued photo ID is required to upload to the form in order to process your application. Example: Driver's License
- Do not upload a Passport or a Military ID.
- If you are a current student at a Pinellas County School, you are not required to provide an ID Card.
- If you are unable to upload a clear image of your identification, you may email a picture or scanned document to [murraykat@pcsb.org](mailto:murraykat@pcsb.org)
- You will be required to submit your Social Security Number (SSN) for the purpose of a Criminal Background Screening.
- If you are a current student at a Pinellas County School, you are not required to provide your Social Security Number.
- Be prepared to disclose ALL criminal history to avoid ineligibility.
- You do not need to disclose traffic tickets.
- An e-mail will be sent to the e-mail address you provide to inform you of the status of your application. Your e-mail will remain private.
- Please make sure you have access to the e-mail you enter, as it is our primary means of communication with you.
- You must have an email address before completing this online application.
- If you are a current volunteer, you do not need to complete another volunteer application. Click on the volunteer link to reactivate your profile. Volunteers are required to reactivate their application each year, prior to volunteering.

If you have any questions, please contact the Family and Community Liaison Kathleen Murray at [murraykat@pcsb.org](mailto:murraykat@pcsb.org) or 727-547-7853 ext. 2001

# September is PTA Membership month and we need you!

Help your child's class earn a  
Pizza or Ice Cream party and  
help support our PTA.



PCE PTA offers classroom  
grants to teachers, helps with  
school beautification and  
sponsors programs and  
events.



Join by 10\3\21 at  
**PCE.MEMBERHUB.STORE**

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SAVE THE DATE 10/22/21 6 p.m. - 8 p.m.

# TRUNK *or* TREAT

WE NEED YOUR HELP AS WE PREPARE FOR ONE OF THE BIGGEST EVENTS OF THE YEAR.

WE ARE LOOKING FOR FAMILIES AND COMMUNITY MEMBERS TO BE A CANDY STATION. DECORATE YOUR TRUNK AND AGREE TO HAND OUT CANDY. TO DO SO PLEASE VISIT OUR LINK AND SIGN UP!! ALL CANDY STATIONS AGREE TO PROVIDE 400 PIECES OF CANDY.

CAN'T BE A CANDY STATION? WE'D LOVE CANDY DONATIONS. PLEASE FEEL FREE TO DROP OFF ALL CANDY DONATIONS AT OUR FRONT OFFICE.

<https://bit.ly/TrunkOrTreat21>





# THE NURSES NOTES



## Hand washing facts for kids

### What is hand washing?

Hand washing is the process of cleaning hands with water and soap. It is done to take off dirt, germs, and poisons. Germs and poisons cause diseases and other health problems. Germs are bacteria, viruses, or fungi. Some infections are not stopped by antibiotic drugs. Hand washing prevents lots of new disease spread. Not washing hands before cooking or touching food is risky.

### When do you wash your hands?

- Always wash hands:
- After using the toilet, urinate, or defecate.
- After touching an animal or pet, such as a dog, cat, or turtle.
- Before and after touching or helping a sick person.
- Before making or cooking food.
- After touching uncooked meat, fish, or poultry (bird meat). Some uncooked foods carry diseases.
- Before eating to prevent contamination of food from germs found on your hands.
- After blowing one's nose/or sneezing into his/her hand.



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### Steps to washing hands:



1. Use soap and warm (running, if available) water.
2. Wet hands and add soap. Rub wet hands strongly with soap outside running water for more than 10 seconds.
3. Rub all parts of the hands again and again. Clean all dirt under fingernails.
4. Then rub hands under running water again and again to take off all soap.
5. Dry hands using a clean cloth or paper.
6. If your hands are being washed many times every day you may want to use moisturizing lotion to prevent the skin from drying out.

For more information on hand hygiene for children, go to:  
[https://kids.kiddle.co/Hand\\_washing](https://kids.kiddle.co/Hand_washing)



## *FRIENDLY REMINDER*

If your student is sick, please keep them home. If your student is exhibiting a fever, cough, vomiting or diarrhea they must stay home. They will need a doctor's note or a negative Covid test to return.

If your student has tested positive, has a positive household member, has been exposed or has a pending Covid test, please keep them home and contact our front office at 727-547-7853.

*Thank you for helping to keep our Mustang family safe and healthy.*

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# PCE GUIDELINES FOR SUCCESS MATRIX

## PINELLAS CENTRAL ELEMENTARY Guidelines for Success Matrix

CHARGE	Bus	Hallway	Classroom	Playground Recess Area	Lunchroom	Media Center Computer Lab	Bathroom Area
							
<b>Considerate</b>	<ul style="list-style-type: none"> <li>Level 1 voice level</li> <li>Staying seated at all times.</li> <li>Respect others personal space.</li> </ul>	<ul style="list-style-type: none"> <li>Walking silently</li> <li>Keeping hands to self.</li> </ul>	<ul style="list-style-type: none"> <li>Respecting others space.</li> <li>Follow classroom expectations.</li> </ul>	<ul style="list-style-type: none"> <li>Respect others space.</li> <li>Follow directions given.</li> <li>Take turns on equipment.</li> </ul>	<ul style="list-style-type: none"> <li>Respecting others space.</li> <li>Level 1 voices unless an adult is talking (Level 0)</li> <li>Keeping your area clean.</li> </ul>	<ul style="list-style-type: none"> <li>Respecting others space.</li> <li>Staying at own computer and using it for work only.</li> <li>Use devices appropriately.</li> </ul>	<ul style="list-style-type: none"> <li>Respecting others space.</li> <li>Use restroom quickly.</li> <li>Throw trash away in bins.</li> </ul>
<b>Honest</b>	<ul style="list-style-type: none"> <li>Be honest about feeling sick. Ask yourself should you stay home?</li> </ul>	<ul style="list-style-type: none"> <li>Be honest about staying 6 feet apart and staying in the area you are supposed to be in</li> <li>Honest about location.</li> </ul>	<ul style="list-style-type: none"> <li>Be honest with yourself about your own answers/work.</li> <li>Be honest about your actions.</li> <li>Be honest about when you need help.</li> <li>Be honest about personal property/ materials.</li> </ul>	<ul style="list-style-type: none"> <li>Be honest about accidents/ incidents.</li> <li>Be honest about reporting others' behaviors.</li> <li>Be honest about your actions.</li> </ul>	<ul style="list-style-type: none"> <li>Be honest about cleaning up.</li> <li>Be honest about your own food (No sharing).</li> <li>Be honest about masks (optional) and voice level.</li> </ul>	<ul style="list-style-type: none"> <li>Be honest about staying on appropriate websites.</li> <li>Be honest about following protocols.</li> <li>Honest about books/ keeping hands to yourself.</li> <li>Honest about how you use your space.</li> </ul>	<ul style="list-style-type: none"> <li>Honest about washing our hands.</li> <li>Honest about keeping the area clean/ if you make a mess.</li> <li>Honest about using time wisely.</li> <li>Honest about if you see something-say something.</li> </ul>
<b>Appropriate</b>	<ul style="list-style-type: none"> <li>Sitting in assigned seat wearing seatbelt and mask (optional).</li> <li>Level 1 talking voice.</li> <li>Following directions of bus driver and assistant.</li> </ul>	<ul style="list-style-type: none"> <li>Maintain safe distance, mask (optional) on.</li> <li>Keep hands to self (away from other people and walls)</li> <li>Use walking feet and level 0 voice.</li> <li>Follow teacher directions.</li> </ul>	<ul style="list-style-type: none"> <li>Stay in assigned area.</li> <li>Do not touch things outside of your assigned area.</li> <li>Mask (optional) on.</li> <li>Follow teacher directions the first time.</li> <li>Use your own materials.</li> </ul>	<ul style="list-style-type: none"> <li>Maintain a safe social distance.</li> <li>Keep hands and feet to yourself.</li> <li>Follow teacher directions.</li> <li>Use kind words.</li> </ul>	<ul style="list-style-type: none"> <li>Sit in assigned spot.</li> <li>Do not share food with your friends and classmates.</li> <li>Level 1 voice.</li> <li>Follow directions from all adults.</li> <li>Clean up your area.</li> <li>Use walking feet to enter and exit.</li> </ul>	<ul style="list-style-type: none"> <li>Stay in assigned seat.</li> <li>Touch only your computer.</li> <li>Sanitize before and after using computer or materials.</li> <li>Mask (optional) on.</li> <li>Level 0 voice.</li> <li>Follow teacher directions.</li> </ul>	<ul style="list-style-type: none"> <li>Maintain a safe distance from others.</li> <li>Wear your mask (optional).</li> <li>Don't forget to flush.</li> <li>Wash hands for 20 seconds.</li> <li>Paper towels in trash can only.</li> </ul>

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## PINELLAS CENTRAL ELEMENTARY Guidelines for Success Matrix

<b>Responsible</b>	<ul style="list-style-type: none"> <li>Stay seated</li> <li>Wear your seatbelt and mask (optional).</li> <li>Hands to yourself use a Quiet voice</li> <li>Sit in your assigned seat.</li> </ul>	<ul style="list-style-type: none"> <li>Walk in a straight line.</li> <li>Stay 6 ft apart.</li> <li>Voice level 0</li> <li>Wear Your Mask (optional)</li> <li>Stay in sight of the teacher.</li> </ul>	<ul style="list-style-type: none"> <li>Wear your mask (optional).</li> <li>Staying in assigned area.</li> <li>Take care of your materials.</li> <li>Maintain Personal Hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Maintain social distance.</li> <li>Share the equipment.</li> <li>Look out for the safety of yourself and others.</li> </ul>	<ul style="list-style-type: none"> <li>Sit on your spot.</li> <li>Mask (optional) on until seated and eating.</li> <li>Mask (optional) back on when done eating.</li> <li>Follow instructions for clean-up time.</li> </ul>	<ul style="list-style-type: none"> <li>Use a quiet voice.</li> <li>Stay in assigned areas.</li> <li>Follow the directions of the adult present.</li> <li>Take care of materials.</li> </ul>	<ul style="list-style-type: none"> <li>Wear your mask (optional).</li> <li>Keep bathroom area clean.</li> <li>Sanitize and wash hands.</li> </ul>
<b>Gritty</b>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> </ul>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> <li>Get back on a positive track when spoken to</li> </ul>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> <li>Have a growth mindset</li> <li>Perseverance when things get tough</li> </ul>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> <li>Standing up for others when being treated unfairly</li> </ul>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> <li>Use your manners</li> <li>Keep your area clean.</li> </ul>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> <li>Taking care of your personal and school items</li> <li>Follow the new guidelines for success</li> </ul>	<ul style="list-style-type: none"> <li>Speaking up if the rules aren't be followed</li> <li>Follow the new guidelines for success</li> </ul>
<b>Engaged</b>	<ul style="list-style-type: none"> <li>Sitting properly</li> <li>Following all bus rules</li> </ul>	<ul style="list-style-type: none"> <li>Facing forward</li> <li>Hands at side in sight of teacher</li> <li>Maintaining proper distancing</li> </ul>	<ul style="list-style-type: none"> <li>Actively participating</li> <li>Learning</li> <li>Discussing</li> <li>Focusing</li> </ul>	<ul style="list-style-type: none"> <li>Actively playing</li> </ul>	<ul style="list-style-type: none"> <li>Eating</li> <li>Quietly talking to friend</li> </ul>	<ul style="list-style-type: none"> <li>Actively book shopping</li> <li>Quietly reading with eyes on text</li> </ul>	<ul style="list-style-type: none"> <li>Using restroom properly and washing hands</li> </ul>

# PCE GUIDELINES FOR SUCCESS MATRIX

## PINELLAS CENTRAL ELEMENTARY Guidelines for Success Matrix

	Car Circle	Hallways	Cafeteria	Indoor Recess	Outside Recess
<b>C</b>	Level 2: Quiet Conversation	Level 0: No Conversation	Level 2: Quiet Conversation	Level 3: Inside Group Conversation	Level 4: Outside Voices
<b>H</b>	Raise your hand EXCEPT in an emergency	Wait until you get to where you are going before asking for help EXCEPT for an emergency	Raise your hand for help.	Look for supervising adult	Look for supervising adult
<b>A</b>	Waiting for your car to arrive	Walking through the hallway to another place in the building	Eat Lunch, keep hands/feet/food to self	Free Choice of stations	Free Choice
<b>M</b>	Sitting by grade level facing the white line	Single file Walk to the right Stop at the intersections	Stay Seated	Walking always	Stay on feet Stop on feet Land on feet Fun movement
<b>P</b>	Wait Assigned area Turn and look forward Check for car Honor personal space	Walk silently Arms down Look forward Keep line together	Clean Up your floor and table	Socialize Free choice play	Stay within the identified playground area
<b>S</b>	Everyone gets home safe	Transition from one place to another without disrupting the learning of others	Full bellies, safe students, clean cafeteria	Have Fun	Have Fun

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



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