

February  
2025



East Lake Middle School  
Academy of Engineering



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Principal Karen Huzar 1200 Silver Eagle Drive, Tarpon Springs, FL 34688 727-940-7624

**Principal's Message**

**This month we're celebrating our amazing ELMS student achievements!**

**AVID Leadership Conference @ USF**



Lanah Wanjau, Samantha Roberge, Nora Kate Filipovitz, Aria Planamenta, Sebastian Caballes, Leila Loubani, Madeline Gross, Aubree Farrell, & Peyton Smith, were chosen to represent ELMS at the USF St. Pete Leadership Summit. They were chosen because of their leadership skills inside and outside of the classroom. At this summit students learn how to further grow their leadership skills and help continue to make ELMS the wonderful school that it is.

**Eagles Amaze at Future Business Leaders of America Districts!**



Congratulations to our FBLA (Future Business Leaders of America) award winners! This year we had 61 winners from the District Competition. They all qualified for the Florida State FBLA Convention/competition. Good luck at States in March!

**Guys Read Team Shines in 1st Competition!**



This year, ELMS proudly launched Guys Read, a new literacy initiative within Pinellas County Schools, designed to foster a love of reading & improve comprehension among male students. As part of this exciting program, our students participated in a quiz competition & book battle, held on 1/24 at the PCS Admin building. Our inaugural team included Henry Carter, Oliver Paszkiewicz, Jude Wheaton & Alexander Santiago. Despite this being their first competition, the boys delivered an outstanding performance. They won 4th place!

**Eagle Robotics News**



The Engineering Eagles, our First Lego League Challenge team, competed at a regional robotics conference on January 18, 2025. They faced teams from across the region, including Manatee and Polk counties. Despite their hard work, the team did not qualify for the state competition.



Congratulations Sofia Kapus! Her artwork, "Red Roses", was selected to be in the Clearwater Arts Alliance exhibit called, "March is Youth Art Month".

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# Tips, Tricks & Strategies

## HOMWORK TIPS

**ESTABLISH A ROUTINE:**  
ROUTINES HELP TO ALLEVIATE STRESS AND CAN HELP STUDENTS ACCOMPLISH MORE.

**DISCUSS EXPECTATIONS & NON-NEGOTIABLES:**  
DISCUSS WITH YOUR CHILD YOUR EXPECTATIONS RELATED TO GETTING HOMEWORK DONE IN ADDITION TO EXTRA-CURRICULAR ACTIVITIES. HELP THEM PRIORITIZE WHICH ACTIVITIES OR ASSIGNMENTS SHOULD COMPLETE FIRST.

**SET TIMELINES:**  
SET A TIME LIMIT FOR ASSIGNMENTS EACH EVENING. IF YOU SCHEDULE AN HOUR OR 2 EACH EVENING FOR HOMEWORK, BREAK THAT TIME UP FOR DIFFERENT SUBJECTS (30 MINUTES ELA, 45 MINUTES MATH, 20 SCIENCE, ETC)

**PLAN FOR THE WEEK:**  
USE MONDAY EVENING TO GET ORGANIZED FOR THE WEEK AHEAD. STUDENTS SHOULD BE FILLING OUT THEIR PLANNERS DAILY, IT SHOULD BE COMPLETELY FILLED OUT ON MONDAY'S SINCE THEY SEE EVERY TEACHER.

## SELF-CARE & STRESS MANAGEMENT

Stress is both natural and familiar - it's something we all experience from time to time. In moderation, a small amount of stress can help us feel motivated and complete tasks. However, when stress is too intense or lasts for a long time, it can affect our day-to-day life and even our physical and mental health.

Students often voice feelings of stress while juggling academics and extra-curricular activities. The best way to help students who are feeling stressed is to set and maintain a routine especially when it comes to homework.

### SELF-CARE

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

<https://www.ncbi.nlm.nih.gov/health/topics/caring-for-your-mental-health/>

### WAYS TO MANAGE STRESS

- Exercise
- Sleep
- Nutrition
- Journaling
- Drink Water
- Stay Connected with Friends
- Go for a Walk
- Take a Break
- Listen to Music
- Establish a Routine

**SCHOOL SOCIAL WORKER**  
Erika Davis  
Borwick@epkcsd.org



**YOU WOULDN'T LET THIS HAPPEN TO YOUR PHONE. DON'T LET IT HAPPEN TO YOU EITHER.**  
SELF-CARE IS A PRIORITY, NOT A LUXURY.

## KINDNESS WEEK FEB. 10TH-14TH

**M**

### BE KIND TO OTHERS

EACH STUDENT WILL RECEIVE A KINDNESS BINGO SHEET TO BE FILLED OUT THROUGHOUT THE WEEK. STUDENTS CAN TURN IN THEIR BINGO SHEETS ON FRIDAY 2/14 FOR A SPECIAL TREAT

**T**

### ACTS OF KINDNESS

TUNE INTO THE NEWS FOR A SPECIAL SEGMENT ON KINDNESS & CHECK OUT THE BULLETIN BOARD DOWNSTAIRS IN THE HALL FOR TIPS ON WAYS TO BE KIND.

**W**

### SHOW KINDNESS TO YOUR COMMUNITY

STUDENTS WILL FILL OUT KINDNESS CARDS IN THEIR CLASSES THROUGHOUT THE DAY. CARDS WILL BE DISTRIBUTED TO OUR CROSSING GUARDS, SCHOOL DEPUTIES, AND LOCAL FIREMAN.

**TH**

### SHOW KINDNESS TO YOUR SCHOOL

LUNCH ACTIVITY FOR STUDENTS. STUDENTS CAN FILL OUT COMPLIMENT CARDS FOR TEACHERS, PLANT OPS, AND CAFETERIA STAFF.

**F**

### CELEBRATE ALL THE WAYS TO BE KIND

WEAR SOMETHING YOU LOVE (FAVORITE OUTFIT, FAVORITE BAND SHIRT, FAVORITE SPORTS TEAM JERSEY).  
\*\* STUDENTS MUST STILL BE IN COMPLIANCE WITH PINELLAS COUNTY SCHOOLS DRESS CODE.  
PTA WILL ALSO BE PROVIDING A SWEET TREAT FOR ALL STUDENTS.

## TIME MANAGEMENT

**STEP 1**

### ESTABLISH A STARTING POINT

Help your child to reflect on how they currently use their time and identify areas where they might need to make changes. The aim is twofold: a) to identify competing time commitments, and b) to set concrete priorities moving forward.

**STEP 2**

### DEVELOP A SCHEDULE

**TASK-ORIENTED:** Help your child develop a realistic schedule by focusing on tasks. In emphasizing what they must accomplish each night / during the week, you'll help your student to improve their concentration in pursuit of specific, concrete goals.

**CONSISTENT:** If possible, carve out a nightly time for the completion of homework; this will establish accountability while enabling your child to internalize a study routine.

**MANAGEABLE:** Break it down by subject. Especially at the beginning, create conditions that will allow your child to acclimate to a new schedule.

**STEP 3**

### CREATE CONDITIONS FOR SUCCESS

**ELIMINATE DISTRACTIONS:** Choose a homework spot that is free from distractions. While working try and minimize your child's use of television and other technology (aside from what is necessary for assignments). **Keep SUPPLIES Handy:** Ensure that your child has the necessary materials to complete his homework, (e.g., pens/pencils, paper, calculator, etc). **Suggest that your student PACK at NIGHT:** After completing homework, have your child pack their backpack before going to bed. It is easy to misplace individual papers or forget completed work at home, so ensuring that your child stores their assignments in the proper folders and puts everything away for the morning the night before, sets your child up for success.

## February Students of the Month

6th Grade



Nolan DeCosimo

7th Grade



Alexander Bull

8th Grade



Leila Loubani



Ava Evers



Lauren Dauman



Brady Western

# February 2025

| Sun           | Mon                                     | Tue           | Wed                       | Thu  | Fri  | Sat                                |
|---------------|---|---------------|---------------------------|--|--|------------------------------------|
|               |   |               |                           |  |  | 1                                  |
| 2             | 3                                       | 4             | 5                         | 6  | 7<br>Engineering<br>Advisory Board<br>6:45AM | 8                                  |
| 9             | 10                                      | 11 SAO 7:40AM | 12 Juan's Spirit<br>Night | 13   | 14   | 15                                 |
| Kindness Week |   |               |                           |  |  |                                    |
| 16            | 17                                      | 18            | 19                        | 20<br>Crumbi Cookie<br>Spirit Night<br>3-6PM | 21   | 22                                 |
| 23            | 24<br>8th Gr Finance<br>Park Field Trip | 25            | 26                        | 27   | 28   | Science<br>Olympiad<br>Competition |

EAST LAKE MIDDLE SCHOOL  
*crumbi cookie*  
SPIRIT NIGHT


FEB 20TH ← 3-6PM

PALM HARBOR  
CRUMBL  
798 E LAKE RD

FRIENDLY  
COMPETITION  
BETWEEN 1ST  
PERIOD CLASSES

FUNDS RAISED  
GO TOWARDS  
OUR 8TH  
GRADE FIELD  
DAY

HOPE TO SEE  
YOU THERE



EAST LAKE MIDDLE SCHOOL  
ACADEMY OF ENGINEERING  
**SCHOOL ADVISORY  
COUNCIL @ ELMS**

MEETINGS BEGIN @ 7:40 AM

**NEXT MEETING  
IS FEB 11, 2025**

CONTACT AMIRA RAY  
RAYAM@PCSB.ORG

East Lake Middle  
Spirit Night  
Every 2nd Wednesday  
From 11am to Close

- February 12th
- March 12th
- April 9th
- May 14th

4938 Ridgemoor Blvd  
Palm Harbor, FL  
34685

Order lunch or dinner  
and support East  
Lake Middle School






# PTA Goings On

## EAST LAKE MIDDLE SCHOOL PTA NEEDS

# YOU!

*Why join our organization?*

- #1 OUR STUDENTS BENEFIT**  
Help your child perform better academically by being an active participant and role model in the community that helps raise your child!
- #2 OUR SCHOOL BENEFITS**  
Help create a positive, caring, and engaging community by supporting the teachers and administration!
- #3 CREATE CONNECTIONS**  
Develop powerful relationships with teachers and staff while making life-long friends with other parents!
- #4 YOU BENEFIT**  
Volunteering your time, talents, and energy while socializing with other parents is fun, healthy, and rewarding!



**ANYONE CAN JOIN THE PTA!**

*Interested in Joining?*

Elections for the 2024-2025 school year board will be held on May 7th. Please contact nominating committee chair Jaime Logan at [rayljaime@msn.com](mailto:rayljaime@msn.com) for more information on how to get involved!

## Yearbook

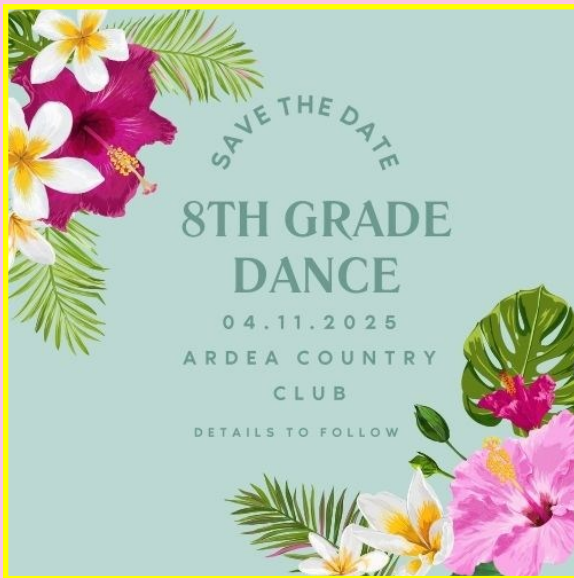
**News:** Preorders for purchasing a yearbook is still open.

**BUY YOUR Yearbook**

The current cost of a yearbook is \$40 from now through March 30<sup>th</sup>. (Note: cash sales will be available in May for \$45.) Please use the link below to access the Varsity ordering page. There is also the option to purchase an advertisement to celebrate your amazing student(s). The cost is \$35 and is open to all grade levels. Please email Mrs. Clark

at [clarkdebo@pcsb.org](mailto:clarkdebo@pcsb.org) with any questions you may have!

<https://yearbookordercenter.com/job/16609>



## East Lake Middle School Academy of Engineering

1200 Silver Eagle Drive, Tarpon Springs, FL 34688 727-940-7624

## 2024-2025 Donors

### Gold



### Silver



### Eagle



**Anonymous Reporting:** As most of you are aware, Pinellas County Schools has partnered with Sandy Hook Promise which allows us to offer the Say Something Anonymous Reporting System. This allows stakeholders to submit a secure and anonymous safety concern that helps us identify and intervene in a proactive way. Please remind your student(s) that this is in place to assist with addressing a concern and also a way for someone get any help that may be needed – tips are passed along to appropriate law enforcement and school personnel. FortifyFL is also another reporting system that is available to report suspicious activity which allows Florida students and the community to relay any safety concerns. Both links can be found below. Our first Mental Health Lesson of the school year will take place on Monday, November 13th, where students received a refresher on the Say Something Anonymous Reporting System as well.

