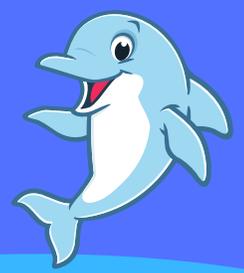




# MILDRED HELMS ELEMENTARY IB WORLD SCHOOL MESSENGER

561 S. Clearwater-Largo Road Largo, FL 33770  
(727)588-3569 [www.pcsb.org/mildred-es](http://www.pcsb.org/mildred-es)

Vision: 100% Student Success



## April 2025

### PRINCIPAL'S POINTS OF PRIDE

Dear Mildred Helms Elementary IB World Families,  
It's the last quarter of the year and how quickly time has flown right by. We hope you had an enjoyable Spring Break and are ready for our final push for success. We want to thank all our families and staff who attended STEM Night right before break. We had a great time with robots, STEM activities and musical instruments and their many sounds.

Congratulations to our fourth and fifth grade Mighty Mu Math teams. They did a fantastic job at their district competition. We are proud of all their hard work. Shout out to Ms. Feo and Ms. Brindle for sponsoring our teams. Congratulations also to our 5th grade PRIDE award winners who will be recognized at Ruth Eckerd Hall later this month. These scholars are being recognized for their academic achievement in language arts, math, science and social studies.

Our next family night event is the Spring Book Fair and Spring Chorus Concert. The Book Fair will be open on April 7th - 11th and will have extended hours on Tuesday, April 8th aligned with the Spring Concert. We look forward to seeing you at these events this week.

Report cards will be sent home with students on April 3rd. Please ensure you are taking time to review with your child and sign and send back only the envelope to your child's teacher. Remember, parents and students have access to grades at any time through the FOCUS portal.

With April comes, FAST Writing testing for fourth and fifth grades as well as STAR testing for kindergarten through second grade. Teachers will be sharing the exact dates as soon as they are scheduled. Please make sure that your child is in attendance and on time on their scheduled day.

Stay safe and healthy.

Respectfully yours,  
*Mrs. Brennan*

### April Events

- 4/3 - Report Cards**
- 4/4 - PBIS Store**
- 4/7-11 - Spring Book Fair**
- 4/7 - PRIDE Awards**
- 4/8-9 - FAST Writing**
- 4/8 - Spring Concert / Book Fair Night**
- 4/15 - STAR testing begins**
- 4/16 - SAC Meeting**
- 4/16 - Academic Awards grades 3-5**
- 4/18 - No School for students/staff**
- 4/21 - ProEd day - No school for students**
- 4/22 - Earth Day**
- 4/25 - Midterms go home**



### Mrs. Cooper's Corner

Dear MHES Families,

We are thrilled with the progress our scholars continue to make and are confident they will finish the school year strong!

As we head into testing season, beginning in April and continuing through May, please make sure your student gets a good night's sleep and arrives to school on time each day. Their success starts with being prepared and present!

A heartfelt thank you to everyone who has supported our amazing PBIS store for our IB scholars. Your generous donations help us keep the store stocked with exciting rewards that motivate and celebrate our students' positive behavior.

We are currently collecting items for our final PBIS store of the year in May, and we'd love your support to make it our best one yet! If you're interested in donating or would like more information, please contact me at (727) 588-3569 or [cooperkar@pcsb.org](mailto:cooperkar@pcsb.org).

Thank you, as always, for your continued support and partnership!

Thank you!  
*Mrs. Cooper*

### MISSION:

Mildred Helms is committed to developing knowledgeable, inquiring, and caring lifelong learners within an intellectually challenging, transdisciplinary program emphasizing international mindedness.

# MHES COMMUNITY



## PTA NEWS!

The MHES PTA is looking for anyone who would like to be more involved with school events, teacher appreciation and/or fundraising.

Please email any member of the board if you would like to be involved.

[president@mildredhelmspta.org](mailto:president@mildredhelmspta.org)

[secretary@mildredhelmspta.org](mailto:secretary@mildredhelmspta.org)

[treasurer@mildredhelmspta.org](mailto:treasurer@mildredhelmspta.org)

## Red Day!

Sponsored by Keller Williams Gulfside Realty



Thank you to the following for supporting our school!

**Keller Williams Gulfside Realty**

**Zaxbys**

**Lotz of Blessings**

**Winn Dixie**

**Pinellas Education Foundation**

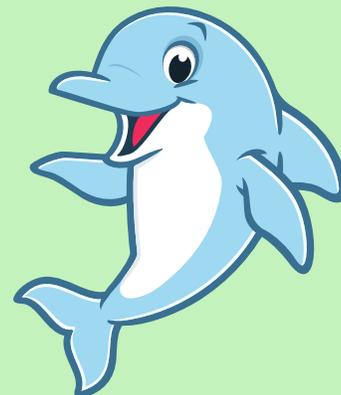
Adopt a Class Sponsors:

David Bassett

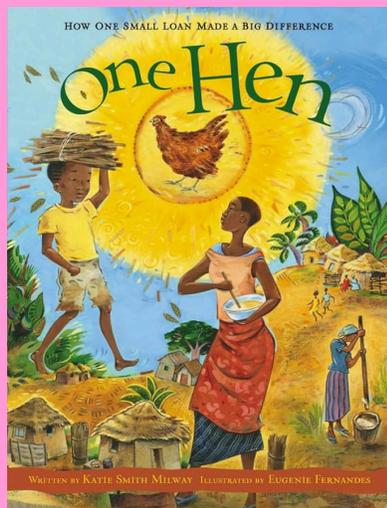
Katie Schneider, Realtor

Lanfranchi Family

American Legion Auxiliary #119



## Book of the Month



## LEARNER PROFILE OF THE MONTH

### Knowledgeable

We develop and use conceptual understanding by exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.



# Celebrate Earth Day! 4/22/25



### SUPPORT NATURE

Give back to the environment by planting a tree.



### CONSIDER ENERGY CONSERVATION

Research how you can take small steps in your daily life to save energy.



### GO ON A NATURE SCAVENGER HUNT

Walk around the area and find flora and fauna native to your region.



### START A GARDEN

Whether it's flowers or vegetables, this activity helps you and the planet.



### PICK UP TRASH

Help your community by picking up trash around the area.



## Congratulations to Our Balanced Learners of the Month of March!

**PreK/VPK:** Christopher V.M., Mia T.P., Stephen L.

**Kindergarten:** Kate M., Eli C., Kali H., Sanem F.B., Arianna K.

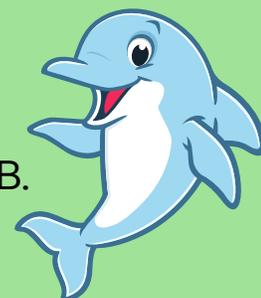
**1st Grade:** Bethany C., Tyler S., Daquan W., Linkz L.

**2nd Grade:** Noagrace H., Avaree L., Izzy T., King C.

**3rd Grade:** Logan H., Emmaleigh P., Taharii W., Lillian H.G., Trinity B.

**4th Grade:** Havana K., Yulietta W., Mya W., Brian M.V.

**5th Grade:** Samara B.L., Corie P., Aurora K., Maja D.



# MHES SPECIALISTS



## Counselor's Corner



[www.pcsb.org/safetyconcern](http://www.pcsb.org/safetyconcern)

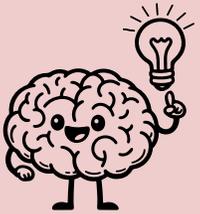
April and May are months where testing is done to show how your child has shown growth. It can also be a time where stress and anxiety pop up. Some observable symptoms of anxiety include, headaches, stomach aches, and crying. For some students, test anxiety can be caused by fear of failing the test or failing to prepare for the test. Students may want to avoid the situation and not want to come to school. Students can counteract the stress of test anxiety by planning, preparing, and incorporating coping methods.

### **Here are a few coping techniques:**

- 5-4-3-2-1 coping technique: focus on five things you can see, four things you can touch, three things you can hear, two things you can smell (or love the smell of) and one thing you can taste (or love the taste of).
- Controlled breathing exercises: Have students inhale for a four count, hold for five, exhale for a count of four, continue for several breath cycles.
- Laughter
- Exercise
- Positive Self Talk

### **Parents can help support their child by:**

- Encouraging a good night's rest and eating a healthy breakfast (with protein) at home or school
- Giving positive affirmation (e.g., positive notes on snacks or lunches, bathroom mirrors, etc.)
- Talking openly and honestly about the test and their student's feelings, to lead into discussions of ways to handle test anxiety in a healthy way.
- Ensuring the students are prepared – arriving to school early, being organized, etc.



## Mrs. Clemens' Musical Notes

There are two upcoming MHES Music Programs on Tuesday, April 8th in the MHES Cafeteria!

6:00pm - The 3rd Grade Music Program - Playing recorders and singing for family and friends!

6:45pm - The 4th and 5th Grade Dolphin Chorus Concert - "Reach for the Stars!"

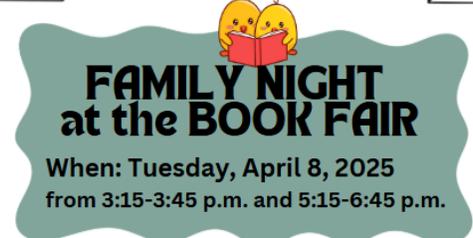
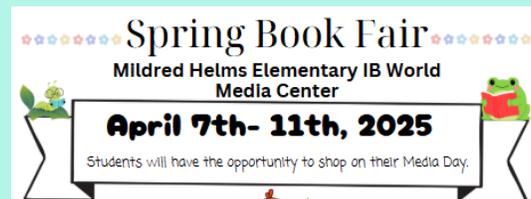
Our K-5th grade music classes continue to develop skills in singing, playing instruments, reading music, and composing!

Fifth graders are preparing for the End of the Year District wide Music Assessment that will be taken in April.

Questions? Email me anytime!  
[clemensa@pcsb.org](mailto:clemensa@pcsb.org)

## Ms. Coleman's Book Nook

We look forward to seeing families at the Spring Fair Book on Tuesday, April 8th!



When: Tuesday, April 8, 2025  
from 3:15-3:45 p.m. and 5:15-6:45 p.m.

Visit our Book Fair Webpage at:

<https://www.scholastic.com/bf/mhesIB>

Visit our Book Fair Website to:

- View video clips of featured books & authors.
- Set up an eWallet so children won't need to bring cash to school.
- Shop online!



# MHES CALENDAR



## April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>APRIL FOOL'S DAY!</b> 	2	3 Report Cards Go Home	4 PBIS Store <b>National SCHOOL Librarian Day</b> 	5
6	7 Pride Awards 	8 FAST Writing Spring Chorus Concert	9 FAST Writing	10	11	12
<b>Spring Book Fair</b> 						
13	14	15 STAR Testing Begins 	16 SAC Meeting Academic Awards 	17	18 No School for Students or Staff <b>Good Friday*</b>	19
20	21 ProEd Day - No School for Students 	22 <b>Earth Day</b> 	23 <b>WORLD BOOK DAY</b> 	24	25 Midterms Go Home	26
27	28	29	30			



Visit us at <https://www.pcsb.org/mildred-es>  
for the most up to date information!

