

Broward County Public Schools

PANTHER SCOOP



CAFETERIA: CASH ONLY! MAY 1ST - JUNE 9TH

Attendance Counts! ALL DAY, EVERY DAY!!

Character Trait: TOLERANCE

Volume 5, Issue 9

Teacher/Staff Appreciation: 5/3 - 5/6

- **5/3:** Grade 3: FSA ELA
Read Aloud with Mrs. Valledor
6:30 PM - 7:00 PM
- **5/4:** Grade 3: FSA ELA
- **5/5:** Grade 5: FSA ELA
- **5/6:** Grade 5: FSA ELA
- **5/7:** Throwback Decades Dress: 40's, 50's, 60's, 70's, 80's, 90's or 2000's
- **5/10:** Grade 4: FSA Math
Read Aloud with Ms. Spencer
6:30 PM - 7:00 PM
- **5/11:** Grade 4: FSA Math
- **5/12:** Grade 5: FSA Math
- **5/14:** DATE CHANGE:
Grade 5: FSA Math

Crazy Hat or Crazy Hair Day
- **5/17:** Grade 3: FSA Math
Read Aloud with Ms. Ellis
6:30 PM - 7:00 PM
- **5/18:** Grade 3: FSA Math

SAC/SAF Meeting & PTA Officer
Elections, 2:30 PM, Media Center and via
TEAMS link
- **5/19:** Grade 5: FSA Science
- **5/20:** Grade 5: FSA Science
- **5/21:** Emoji Dress Day
- **5/24:** Read Aloud with Mrs. Morrow 6:30
PM - 7:00 PM
- **5/26:** KG Roundup, Virtual through
TEAMS, 9:00 AM - 10:00 AM. (TEAMS
Link on website day of event)
- **5/28:** Multicultural Heritage Dress Day
- **5/31:** Memorial Day, Holiday School
Closed

JUNE 2021

5/28 - 6/4: Multicultural Heritage Week

- **6/1:** Food: Poster or Digital
Presentation
- **6/2:** FLAG: Poster or Digital
Presentation
- **6/3:** What does your Heritage
Celebrate? Poster or Digital
Presentation
- **6/4:** MAP: Poster or Digital
Presentation
- **6/7 - 6/9:** NO BACKPACKS!!
- **6/9:** Early Release
Dismissal at 12:10 PM, Last Day Of
Instruction!!

NO BACKPACKS AFTER FRIDAY, JUNE 4TH

MAY 2021

Teacher & Staff Appreciation Week, May 3– May 6

Pasadena Lakes will celebrate Teacher/Staff Appreciation Week the week of May 3rd through May 6th. Please check Canvas announcements or the "What's Happening" section on the school's website: www.browardschools.com/pasadenalakes for information about this week long event.

With your help, Teacher/Staff Appreciation week will be a huge success!!

End-Of-Year Student Laptop Collection

SAVE THE DATES! End of year Student **Laptop & Power Adapter** Collection will take place on the following days...

Face-to-Face: On campus/in-person learners: (*laptop/power adapter collected during class*)

Thursday, 6/3: PK, KG, Grade 1, Grade 2 **Friday, 6/4:** Grade 3, Grade 4 and Grade 5

eLearning/Off Campus Learners:

Thursday, 6/10

Socially Distant, utilize Parent Car Loop (stay in vehicle)

8:00 AM - 10:00 AM: PK & KG
10:00 AM - 12:00 PM: Grade 1
12:00 PM - 2:00 PM: Grade 2

Friday, 6/11

Socially Distant, utilize Parent Car Loop (stay in vehicle)

8:00 AM - 10:00 AM: Grade 3
10:00 AM - 12:00 PM: Grade 4
12:00 PM - 2:00 PM: Grade 5

Monday, 6/14: FINAL Collection Make-up Day (Car Loop):

PK-2, 8:00AM-10:30AM 3-5, 10:30 AM-1:00 PM

Parent/Guardian will receive a RETURN RECEIPT from the school once both pieces are accounted for in the District Database. Please keep this receipt with your important papers!

Silence Hurts

The School Board of Broward County encourages students to report information about any non-urgent illegal activity, such as vandalism, theft, the sale and distribution of drugs or information about crimes that are being planned. This service allows students, as well as teachers and faculty, to send anonymous tips by sending a text message from a mobile phone, email or internet source.

The following information may be utilized to contact the anonymous hotline which is manned 24 hours a day, 7 days a week, 365 days a year.

TELEPHONE (National
Hotline): 1-800-96-ABUSE (22873)

WEBSITE:
www.dcf.state.fl.us/abuse/report



EMAIL:
school911@browardschools.com

CALL: 754-321-0911

TEXT: "SBBC" space with your
text message to 274637 (CRIMES)

MULTICULTURAL HERITAGE WEEK: 5/28 - 6/4

Let's celebrate your Heritage! Join us for a fun-filled week of socially distance activities as we learn about one another's heritage.

5/28: Multicultural Heritage Dress Day

6/1: Heritage Food, digital or poster presentation

6/2: Heritage Flag, digital or poster presentation

6/3: What does your heritage celebrate? Digital or poster presentation

6/4: Heritage Map, digital or poster presentation

FSA TESTING CONTINUES.....

Please ensure your child gets a good night's sleep the night before each day of testing. Students should eat a nutritious/healthy breakfast the morning of each test day. Students should arrive to school on time and be in their classes ready for testing prior to the 8:10 AM tardy bell! No student will be allowed to enter class once testing has begun. Have students bring a sweater/jacket in case the room is chilly!

5/3 & 5/4: Grade 4, FSA ELA

5/5 & 5/6: Grade 5, FSA ELA

5/10 & 5/11: Grade 4, FSA MATH

5/12 & 5/14: Grade 5, FSA MATH

5/17 & 5/18: Grade 3, FSA MATH

5/19 & 5/20: Grade 5, FSA SCIENCE

BEFORE & AFTER SCHOOL CHILD CARE (BASCC)

Pasadena Lakes "Panther Care"
Is the place to be!!

Do you ever worry that you'll be late to drop off or pick up your child from school on time? Do you want them to be engaged in socially distanced activities and interact safely with new friends after school? If so, our aftercare is the place to be! Join the fun today!!

Panther "Before Care Hours" are from 6:40 a.m.-7:40 a.m.

Panther "Aftercare Hours" are from 2:10 p.m.-6:10 p.m. Costs per Child to attend:

Weekly Before Care Fees: \$18.00

Weekly Aftercare Fees: \$70.00**
(does not include early release)**

Registration fee per child: \$30.00

Our Panther Before and After Care program has been continuously growing and there are only a few spots remaining



for each grade level. Before Care and After Care, are on a first come first serve basis. If you're interested in having your child attend our program, please go online at browardschools.com/bascc to fill out the registration form and then log onto the e-store to pay the one-time \$30 registration fee to hold your spot for the program. If you have any questions, please feel free to contact the school and speak to one of the supervisors. Our students are involved in many amazing activities while following CDC guidelines!

Our fun program activities include

receiving homework help, eating a healthy supper, playing Indoor and outdoor sports with their friends, completing arts and crafts activities, and participating in other enjoyable events on Early Release Days that take place in our very own program on campus.

May Theme

Flower, Bugs/Insects, Gardening, Cooking activities, Mother's Day & Memorial Day.

Students will be participating in many enjoyable activities based on different themes and standards above!

The entire Aftercare team wishes all Moms a wonderful Mother's Day!!

ILLNESSES

Please remember to keep your student home if he/she is ill. Sick students can easily infect others. If a child becomes ill at school, and after a period of rest in the clinic, cannot return to class, you will be notified to pick up your student.

Children cannot remain at school when ill. Any student having or suspected of having a communicable disease will not be permitted to attend school. Any student returning to school after having a communicable disease must provide a doctor's note indicating that return to school is safe.

TITLE 1

There has been extensive research conducted in the area of parental engagement. One study yielded the following: "When schools, families, and community groups work together to support learning, children tend to do better in school, stay in school longer, and like school more (Southwest Educational Development Laboratory)." The report, a synthesis of research on parent involvement over the past decade, goes on to find that, regardless of family income or background, "students with involved parents" are more likely to:

- ~ Earn higher grades and test scores, and enroll in higher-level programs.
- ~ Be promoted, pass their classes, and earn credits.
- ~ Attend school regularly.
- ~ Have better social skills, show improved behavior, and adapt well to school.
- ~ Graduate and go on to postsecondary education.

Title I, Part A provides for substantive parental involvement at every level of the program, such as in the development and implementation of the State and local plan, and in carrying out the local educational agency (LEA) and school improvement provisions. Section 1116 contains the primary Title I, Part A requirements for state educational agencies (SEA), LEAs and schools related to involving parents in their children's education. It is this section that identifies critical points in the process of improving teaching and learning where parents and the community can assist in school improvement. Although section 1116 is wide-ranging in scope and has many requirements for LEAs and schools, the intent is not to be burdensome.

These provisions reflect good practice in engaging families in helping to educate their children, because students do better when parents are actively involved in the education process, both at home and school.

Our Parent Engagement Program is designed to:

1. Inform parents about Title I regulations.
2. Involve parents in local Title I decisions.
3. Provide literacy training.
4. Offer parents training in schools and the community on ways to work with their children at home to raise student achievement.

Encourage active participation in their children's school and education.

If you have any questions regarding Title I, please email our Title I liaison at: lisa.morrow@browardschools.com.

To view the online Title I Parent Newsletter, please visit this web link:

<https://sway.office.com/YkEBnu9IEbEQKP99?ref=Link>

School Advisory Committee & School Advisory Forum Meeting & Election of PTA Officers: 5/15/2021

This will be the last School Advisory Committee & School Advisory Forum Meeting for the 2020-2021 school year. We will also incorporate the General Election of PTA Officers during this meeting.

Please plan to join us on Tuesday, May 18th at 2:30 PM in the Media Center or virtually through TEAMS (link will be posted to the school website prior to the date).

Funky Fashion Fridays

Hawaiian Dress Day



Mismatched - Backwards Dress Day



READING: Mrs. G. Williams, Reading Coach

Tips for avoiding the summer slide... From Scholastic

1. Full of Summer Reading Fun

“Visit your local public library because there is so much going on and the enthusiasm of the librarians is infectious. So many libraries do wonderful summer reading programs for all ages. We actually have a program called ‘Teens & Tots’ where older kids read to younger kids — it's great to make that connection between kids, and both generations really enjoy it. We also hold a lot of activities at night, like story hours, so parents can come after work with their children — and we encourage parents to volunteer, which really shows the kids that reading is important to adults as well.”

- Anita LaSpina, Librarian, Rockville Center, New York

2. Show Children That Reading Is Important to You

“Model, model, **model**. It cannot be emphasized enough that children who observe their parents reading become readers themselves. Make sure there are plenty of reading materials scattered throughout the house - not just novels, but magazines and newspapers as well.”

-Jennifer Hubert Swan, Librarian at the Little Red School House/Elisabeth Irwin High School, New York, New York

3. Make Summer Reading a Way to Connect

“Some children respond better when they know other children are going to read and respond to a book, which is why **book discussion groups** are great. I also think parents should be required to read what their children read at all ages so they can really connect with their child and be able to answer questions and instigate discussion. This is one of the reasons parent/child book groups are so great.”

- John Peters, Central Children's Room, The New York Public Library

4. Set Reading Times and Find the Fun in Books

“The number-one golden rule is to make time to read over the summer — parents should designate an hour a day just for books or set aside a time once a week to go to the library. There's so much going on in the summer, so much temptation to be outside, that it's important to schedule time just for reading. Have kids keep a reading journal — even if it's just the book titles. Once the journal gets filled up, there's a real sense of accomplishment that's very rewarding.”

- Dorie Freebury, Librarian, Northville, Michigan

5. Take Reading on the Road

“When preparing for family road trips, stock up on audio books from your library. Let your children choose some stories to listen to in the car. Have family members share favorite ghost stories and/or adventure stories around the campfire at picnics and on camping trips.”



MATH: Mrs. Balboa, Math Coach

It's always exciting when the weather starts to warm up and flowers begin to bud on the trees! But it can also cause kids to get distracted from their learning as they look forward to summer and a break from school. Reel them back in with these fun and engaging spring math idea websites!

1. Practice addition with large number with this [simple and fun addition baseball game](https://mathgeekmama.com/3-digit-addition-game/).
<https://mathgeekmama.com/3-digit-addition-game/>
2. Get outside and practice skip counting with [this fun skip counting hopscotch idea](https://mathgeekmama.com/skip-counting-hopscotch/).
<https://mathgeekmama.com/skip-counting-hopscotch/>
3. A flower is the inspiration behind this [Number Sense](https://nurturestore.co.uk/flower-number-games-kids-math) game from Nurture Store. <https://nurturestore.co.uk/flower-number-games-kids-math>
4. Follow the instructions from Differentiated Kindergarten to make your own [Subtraction Bump game](http://differentiatedkindergarten.com/what-would-you-do-with-egg-plate). Includes printable problems. <http://differentiatedkindergarten.com/what-would-you-do-with-egg-plate>
5. Adapt this [Number Bunny Hop](http://frogsandsnailsandpuppydogtail.com/number-learning-gross-motor-activity/) game from Frogs and Snails and Puppy Dog Tails to any level. Work on counting or skip counting or solving equations, whatever you are working on right now.
<http://frogsandsnailsandpuppydogtail.com/number-learning-gross-motor-activity/>
6. Play [The Very Hungry Caterpillar Math Game](http://www.wingsandroots.co.uk/the-very-hungry-caterpillar-maths-game/) from Wings and Roots.
<http://www.wingsandroots.co.uk/the-very-hungry-caterpillar-maths-game/>

SCIENCE: Mrs. Balboa, Science Coach

Spring science and STEM activities will make learning fun this spring! From simple science experiments to investigations, these spring themed science activities are sure to be a hit with your kids. They will have a blast exploring science this spring! List below are LIVE links if viewing the newsletter on-line!

[Rainbow Jar Kids' Science Experiment](https://www.playdoughtoplato.com/rainbow-jar-st-patricks-day/): <https://www.playdoughtoplato.com/rainbow-jar-st-patricks-day/>

[Growing Plants Preschool Science Experiment](https://www.pre-kpages.com/science-kids-growing-plants-experiment/): <https://www.pre-kpages.com/science-kids-growing-plants-experiment/>

[Water Cycle Science Discovery Bottle Activity](https://littlebinsforlittlehands.com/water-cycle-science-discovery-bottle/):
<https://littlebinsforlittlehands.com/water-cycle-science-discovery-bottle/>

[Static Electricity Butterfly Experiment](https://iheartcraftythings.com/static-electricity-butterfly-experiment.html): <https://iheartcraftythings.com/static-electricity-butterfly-experiment.html>

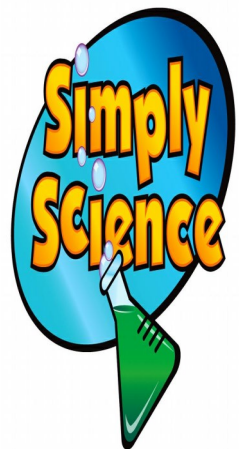
[Spring Salt Painting](http://www.toddlerapproved.com/2014/04/cool-science-spring-salt-painting.html): <http://www.toddlerapproved.com/2014/04/cool-science-spring-salt-painting.html>

[Water Cycle in a Bag](https://www.playdoughtoplato.com/water-cycle-bag): <https://www.playdoughtoplato.com/water-cycle-bag>

[Rainbow Discovery Bottle](https://preschoolinspirations.com/rainbow-discovery-bottle/): <https://preschoolinspirations.com/rainbow-discovery-bottle/>

[Germination Activity: Grow Seeds in a Jar](https://teachingmama.org/germination-activity-grow-seeds-in-a-jar/):
<https://teachingmama.org/germination-activity-grow-seeds-in-a-jar/>

[Rainbow Ice and Salt Science Experiment](https://www.powerfulmothering.com/rainbow-ice-and-salt-science-experiment-for-preschool/):
<https://www.powerfulmothering.com/rainbow-ice-and-salt-science-experiment-for-preschool/>



PRE-KINDERGARTEN

We are fast approaching the end of the school year!! The preschool has so much to look forward to. Wednesday, May 26, we will have a virtual Kindergarten Roundup. Those students returning to Pasadena Lakes Elementary in 2021-2022 will get to virtually meet some of their teachers and see the classrooms. As we get closer to the end of the school year, we will begin to reflect on all that we have learned. Our students have flourished so much, and they are really beginning to show off how much they have learned and how much they have grown! There will still be plenty of time to continue working on our letter and number recognition skills, as well as our social skills-taking turns and being kind to our friends. Look out May, here we come!!!

KINDERGARTEN

Can you believe we are almost at the end of Kindergarten? Oh how our students have grown this year! This month we will be reviewing everything we have learned this year in reading. For math, we will begin learning about 2-dimensional and 3-dimensional shapes. Please continue reading with your child every night and practice sight words. Thank you for all you do at home to ensure your child's success!

FIRST GRADE

We'd like to take this time to thank all of our wonderful parents for an awesome school year despite the uncertain times we've all gone through!! We've been honored to have taught your child this school year. We appreciate all of your support and hard work! If you should have any questions and/or concerns, please contact your child's teacher. J A message about summer school was sent out from the district to all parents, should anyone be interested in having their child attend.

Reading: Students will be reviewing critical content and standards taught in preparation for the next grade level. They will continue reading higher level passages to increase their reading fluency and comprehension skills. They love reading those chapter books.

Writing: Students will be reviewing narrative writings in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide a sense of closure. Students will participate in shared research and writing on a given topic and use them to write a sequence of instructions.

Math: Students will continue reviewing numbers, patterns, and addition and subtraction concepts. They will identify and describe three-dimensional shapes according to defining attributes. They will compose new shapes by combining three-dimensional shapes. They will identify two-dimensional shapes on three-dimensional shapes. They will be identifying and counting coins to add up to \$1.00, as well as having an understanding of fractions with equal and unequal parts.

Science: They will raise questions about the natural world, investigate them through free exploration, and generate appropriate explanations based on these. They will describe the need for water and how to be safe around water. They will recognize that some things in the world around us happen fast and some happen slowly.

Social Studies: Students will review basic map facts using key elements including cardinal directions and map symbols (map of their bedroom, classroom, a route to school). They will describe how location, weather, and physical environment affect the way people live within our community. (effects it has on their food, clothing, shelter, transportation, and recreation). They will also review a variety of physical features using a map and globe. (oceans, peninsulas, lakes, rivers, swamps, and gulfs).

SECOND GRADE

Reading: 2nd grade is busy building reading stamina to get ready for the End of the Year Reading Test in May. You may have noticed passages and pair questions have been assigned for homework. It is important that your child complete these homework assignments on their own and you as the parent check the work when they are finished. Please continue to encourage your child to read at home nightly and log on to I-Ready Reading for at least 15 minutes a day.

Math: In math we are finishing data. We will be moving on to 3-D shapes (cube, rectangular prisms etc.) Please remind your child to log onto Reflex Math and I-Ready Math for at least 15 minutes a day. Math is everywhere, real life world problems build math fluency. Take the opportunity at a grocery store to add two products, use addition, and remember to place the decimal in the right place. Talk about shapes in buildings, subtract different denominations of cents from a dollar. Make it fun!

Science: Our young scientists will be learning about the life cycles of living things.



THIRD GRADE

Summer is almost here!

As the final quarter for the 2020-2021 School comes to a close, 3rd grade students will focus on completing their Keystones and reviewing critical comprehension and numeracy skills. Please continue to reinforce the use of taught strategies for comprehension and using good study habits for their transition to 4th grade. Additionally, mitigate summer reading and numeracy loss by starting plans for summer learning activities and projects!

You can help your 3rd grader by facilitating their participation in authentic practice of the skills they have been learning. Let them measure the size of a living or bedroom, help them to use measuring and fractions in a cooking or baking activity, ask them to calculate change based on a purchase made or tell you the time from an analog clock in the home. You can reinforce time elapse skills by asking them to tell you how many minutes from home to school or a place of interest. Have them read a book to you each night, alternating between a factual book and a fictional book each night. Consistency is the key to academic success!

Towards the end of the quarter, we will introduce some 4th grade skills to prepare them for the next school year. As such, attendance and punctuality remain critical for the remaining weeks of the quarter.

Let us make their transition to 4th grade a success by being present and on time every day!

FOURTH GRADE

Our fourth-grade students have been working extremely hard this year! As we enter the 4th quarter, we are focusing on standards where our students could use more practice in ELA, Math, and Science. Please help encourage your child at home by helping them practice utilizing the information given to them (brochure, editing task, and practice packets). Also, speak with your child about putting forth effort and doing their very best as we enter into the last phase of the school year. FSA Writing took place on April 12. We are preparing our students for FSA ELA which will take place on May 3rd and 4th and FSA Math will take place on May 10th and 11th.

Please ensure students arrive to school on time and they eat a healthy breakfast the morning of the test. As always the fourth grade team would like to say "Thank You" to our parents for all the support you have given to us!!

FIFTH GRADE

Fifth grade is busy reviewing standards and skills and prepping for the upcoming FSAs. The dates for the assessments are as follows:

ELA (Reading) – May 5th – 6th

Math – May 12th & 14th

Science – May 19th – 20th

A few reminders for the FSA:

All tests must be taken in person, please make a plan to bring your child in on the above test dates.

Your child needs to bring his/her computer, headphones, mask, a light jacket and a water bottle.

You can review your child's assignments on Canvas and iReady to see areas where your child may need support. Common difficulties for most fifth grade students are:

ELA:

Point of View

Text Structure and Organization

Math:

Fractions (using all operations – addition, subtraction, multiplication and division)

Word Problems

Please continue to ensure that students are attending school every day, turning on their cameras for instruction and participating in class and completing assignments. As always, thank we thank you for your continued support.

SPECIAL PROGRAMS

Our teachers, staff and students did an amazing job participating in Autism Awareness Month. Students learned about autism and what it means to be a good friend. We cannot believe that this year is almost over! Our students will be working on end of year assessments this month and reviewing everything that they have learned so far this year. Thank you to all of our parents for making this unique year a success!

MEDIA: Mrs. Gallo, Media Specialist

Wow! The school year is coming to an end. The reading challenge is winding down, but our students are still reading. Please continue to read with your students every day and encourage them to take Accelerated Reader quizzes.

Please remind students to return their books to the media center.

All books need to be returned by May 19, 2021. All student obligations must be paid online by May 21, 2021. Now is a great time to look for your books that are at home. If you are an e-learner, you can drop your books off at the office stoop anytime between 7:40 AM and 5:30 PM.

The Scholastic Virtual Book Fair was a success. Thank you to all of the students and teachers who supported it.

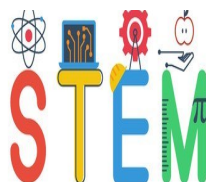


Hope your summer is filled with family, friends and books!

S.T.E.M. (SCIENCE, TECHNOLOGY, ENGINEERING, MATH): Ms. Organo

Wow, can you believe we are almost done with this very different school year? The STEM Department would like to thank you for your support of your children. The students are now considered “Engineers” as they can build and explain different types of structures. The students are also learning all about Life Sciences in this fourth quarter.

As we continue to teach in the E-Learning Model, grades K-1 will be learning about Physical Science and grades 2-3 students will be learning about different types of energy. Both 4th and 5th grade students will be learning Life Science concepts that are critical for them to understand moving forward into each grade level. Fifth grade is preparing to take the FSA Science Test and I am getting them ready by reviewing all science content. The students are also observing and actively asking questions to better understand the teacher in-class demonstrations. The students are now utilizing hands-on experiences in the STEM Classroom.



PHYSICAL EDUCATION: Dr. Mobley-Bellinger

The students will be focusing on Low Organizational Games for the next few weeks.

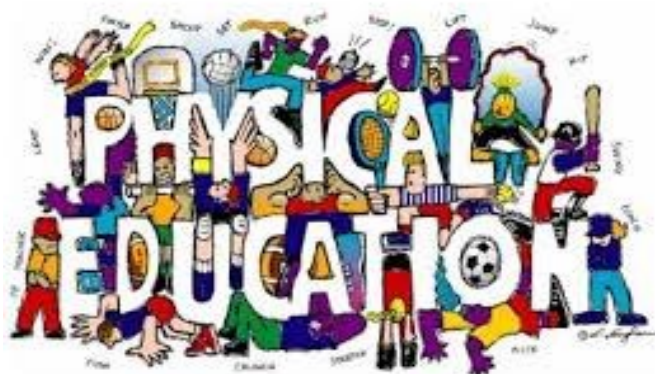
Low Organizational Games (LOGs) are excellent activities you can use as warm-ups, introductory games to your sport, as well as use them during down time to keep your students occupied. In the physical education setting, and early childhood education, LOGs are used to teach children physical literacy. Physical literacy is defined as acquiring competence in fundamental movement skills, having good insight in sports, being competent and confident in a variety of sporting contexts and environments that benefit the healthy development of the whole person (PHE Canada,2016).

Some examples of Low Organizational Games are listed below:

- Rock, Paper, Scissors
- Duck, Duck, Goose
- Red Light, Green Light
- Relays

If you are looking for a variety of fun activities for family time that require minimal equipment, Low Organizational Games are a great choice. Have Fun! Enjoy your time together while playing these awesome games.

If you have any questions or concerns, the easiest way to reach me is by e-mail via CANVAS or abigail.mobley-bellinger@browardschools.com



BROWARD COUNTY PUBLIC SCHOOLS

8801 Pasadena Boulevard
Pembroke Pines, FL 33024

Phone: 754-323-6900
Fax: 754-323-6940
Email: PasadenaLakesES@browardschools.com

If you would like to share your photos with Pasadena Lakes Elementary, please email photos to:
PDE_Yearbook@browardschools.com

Photos submitted will become the property of Pasadena Lakes Elementary and may be used for the Yearbook or Social Media such as Facebook or Twitter!

Follow us/Like us on:

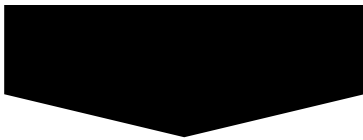


We're on the WEB:

www.browardschools.com/pasadenalakes


Pasadena Lakes Elementary

We, the PLE family, are committed to ensure that students receive a quality education within a safe and virtual learning environment!



SCHOOL COUNSELOR: Ms.Thomson

One of the 7 Habits of Happy Kids is “sharpen the saw.” May can be a stressful month for students as there is a lot of testing and students are getting ready to transition into the next grade level. At times students may feel overwhelmed. It is important for students to find self-care strategies that work for them. Some ideas for self-care include coloring, going on a bike ride, journaling, spending time with a pet, or listening to music. Some basic self-care that all students should do is get enough sleep, eat healthy, drink water, and exercise.

Sharpening the saw also includes improving the self and continuing to learn. Even during summer months, students can continue learning. Parents can encourage their children to find a hobby that they would enjoy or books about something that interests them.

May is also mental health awareness month. Although it occurs less commonly in children than adults, children can experience anxiety and depression. If you believe your child may be experiencing symptoms of

anxiety, depression, or another mental disorder, please reach out to your child’s healthcare provider and ask for an evaluation. If you need counseling resources, please contact me at:

meagan.thomson@browardschools.com

