



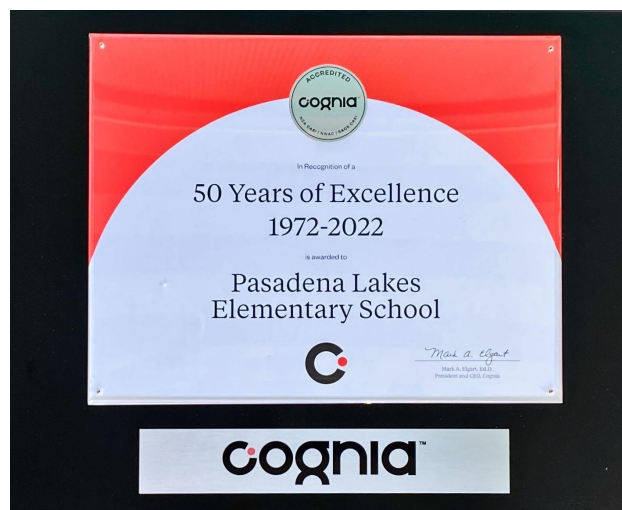
## The Panther Scoop: March 2025

*Stay up-to-date with our monthly newsletter of what's happening around Pasadena Lakes Elementary!*

**Janet C. Williams**, Principal

**Mokisha Spencer**, Assistant Principal

**Dawn Michaud**, Technology Support Specialist II, Editor



*1 - Educating Scholars for 50 Years!!*



2 - 2024-2025 School Year

## March's Character Trait: *Self-Control*

### *March 2025*



- **2/28-3/29:** Ramadan
- **3/3:** Success Camp, select students, 2:20 PM
- **3/4 - 3/20:** Lifeskills Wellness Survey, Grades 4 & 5
- **3/4:** Success Camp (select students), 2:20 PM
- **3/6:** Yearbook/Photography Club, 7:45 AM
  - Debate Club, 2:15 PM
  - S.A.V.E. Club, 2:15 PM
  - Book Club, 2:15 PM
- **3/7:** Snow Cone Friday, \$2 ea
- **3/8:** Set clocks ahead before going to bed!
- **3/9:** Daylight Savings Time Begins

- **3/10:** *KG Field Day*
  - Debate Club, 2:15 PM
  - Success Camp, select students, 2:20
- **3/11:** *GR 1 Field Day*
  - Debate Competition, Cypress Bay High School
  - Success Camp, select students only, 2:20 PM
- **3/12:** *GR 2 Field Day*
  - GR 3-5 (Boys) In-house field trip, FL Singing Sons Choir
- **3/13:** *GR 3 Field Day*
  - GR 5, Science/Middle Of Year, Part 2
  - KG field trip, Broward Center, "Elephant and Piggies"
  - Robotics Club, 2:15 PM
- **3/14:** *GR 4 Field Day*
  - Quarter 3 ENDS!!
  - GR 5, Science/Middle Of Year, Part 2
  - ***Yearbook student recognition ads must be submitted to YEARBOOK by 11:59 PM!!***
  - No Place For Hate Day
- **3/17:** *GR 5 Field Day: RESCHEDULED!!*
  - St. Patrick's Day, WEAR GREEN!
  - Quarter 4 BEGINS! (48 days)
  - GR 4 field trip, Parker Playhouse, "Peking Acrobats"
  - Success Camp, select students, 2:20 PM
- **3/18:** *Pre-K Kiddie Carnival*
  - Success Camp, select students, 2:20 PM
  - School Advisory Council & School Advisory Forum Meeting, 2:30 PM, Media Center

- **3/19: GR 5 Field Day**
  - GR 4 field trip, Holiday Park
  - PAWsome Buddies, K-2 @ 8:30 AM, 3-5 @ 9:15 AM, students only
- **3/20: H.O.S.T. (Hands-On Science Technology) Day, during class**
  - Bailey/Burk: ESE students field trip, In-House, Museum of Science and Discovery, STEM Pottery
  - Robotics Club, 2:15 PM
- **3/21: Employee Planning Day, NO SCHOOL for students!**
- **3/24 - 3/31: Spring Break! NO school for students!**
- **4/1: Classes resume at 8:10 AM SHARP!! Aim for 8:00 AM, Don't Be Late!!**

## 2024-2025 Yearbooks

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There is still time to purchase the 2024-2025 yearbook, \$30 each! ***The absolute last day to purchase the yearbook will be 11:59 PM on Sunday, April 13, 2025!! Hurry, less than 50 yearbooks remain for purchase!! Visit: [www.buytheyearbook.com](http://www.buytheyearbook.com) and enter code: 722502***

**\*\*If you need any assistance with creating the student ad or if you have questions about designing your student ad, don't hesitate to get in touch with Mrs. Michaud, Technology Support Specialist II/Yearbook, at [PDE\\_Yearbook@browardschools.com](mailto:PDE_Yearbook@browardschools.com).**

The deadline to submit your student recognition ad will be 11:59 PM on Friday, March 14, 2025! Don't forget the final most important step, click the button, "**Send to Yearbook**"

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## Yearbook Club: Journalism

### ***What do you like to do on Spring Break?***

***Siyannah:*** I like to eat Chinese food. I love to play video games and I like to take naps.

***Anaya:*** For spring break, I am going to eat mac & cheese, play outside with my friends and go in the pool

**Victoria:** I want to be able to reach some of my goals and have fun. I want to hang out with my bff (Hailey) and hang out more with my Mom & Dad.

**Fernanda:** What I like to do on vacation be with my family in the pool, have a barbecue and enjoy the pool.

**Nicole:** I like going to Chinese restaurants and eating sushi. I like going to seafood restaurants and eating crab. I like to eat food overall.

**Aiman:** When I am on spring break, I love to go to my Grandma's house to have a sleepover. And sometimes, we go on vacation.

**Ysabella:** I'm going to see my Mom and my half-brother and stepdad. I will play and dogsit.

**Amiyah:** I like to spend time with my family and go over to my friend's house and play with them.

Veronika: In spring break I like to go to the beach with my family and my dog. I like to go jet skiing with my cousin Mia and sleep late.

**Chloe:** I like to sleep in, draw, play, and make nails. I like to sleep in because on school days I have to wake up at 5:30 am.

**Erika:** What I want to do on Spring Break is to go to the water park and play with my friends.

**Edyn:** I like to sleep all day long.

**Sadie:** I like to go Easter egg hunting. I like to sleep. I like to hang out with my family.

***Don't be LATE, Aim for 8:00 am!!***



***NEW procedure in place...***

Parents, we need your help!! If your child(ren) arrives at school AFTER the 8:10 AM bell, the Parent/Guardian MUST accompany them into the front office. The student MUST receive a

tardy pass and the parent/guardian **MUST sign the tardy pass and provide a written reason for the tardy** on the slip.

The Parent Drop-off loop will close at the sound of the first bell at 8:05 am. This will allow staff to get to their classroom door on time to assist students and teachers. Students dropped off after 8:05 am, will need to use the main office entrance for drop off and be escorted to the door.

Thank you for your continued cooperation with this EXTREMELY critical attendance matter!!

### Forgotten Items??



One of our goals is to teach our children responsibility. However, we all forget things occasionally. On that rare occasion that you have to drop forgotten items off in the office, please, label them with your child's name and teacher's name.

Our Office Staff will be happy to assist you in getting the items to your child. We do ask that you be patient as our office staff are usually very busy. Students may not be called to the office immediately, but, items will be give to the student in a timely manner.

See Something, SAY Something



<https://www.browardschools.com/SecurityTips>

District Security Operations Center (DSOC) 754-321-3500

Email [SecurityTips@browardschools.com](mailto:SecurityTips@browardschools.com)

FortifyFL at <https://www.getfortifyfl.com/> On your CLEVER page

### *Silence Hurts*



3 - Words can hurt others, but sometimes, silence hurts even more!

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 day a year.

- **TELEPHONE** (National Hotline): 1-800-96-ABUSE (22873)
- **WEBSITE:** [www.dcf.state.fl.us/abuse/report](http://www.dcf.state.fl.us/abuse/report)
- **EMAIL:** [school911@browardschools.com](mailto:school911@browardschools.com)

- **CALL:** 754-321-0911
- **TEXT:** "SBBC" space with your text message to 274637 (CRIMES)

## March is National Frozen Food Month



In March, National Frozen Food Month takes a look at all the ways frozen food can make life better. Not only is it convenient, but it can also make life healthier, too.

### **#NationalFrozenFoodMonth**

Frozen food gets a bad rap once in a while; some say it has negative effects or is loaded with preservatives. However, as long as you check the ingredients list and choose the options with the shortest list of ingredients (that you can pronounce, preferably), you're in the clear. Here are some fun and surprising facts about frozen food that might leave your stomach growling.

- Frozen food doesn't expire! You can leave food in the freezer indefinitely without it spoiling, but the longer you leave it, the more it may lose flavor.
- It's safe to refreeze food after you've taken it out of the freezer to place in the fridge, but again, it may lose a bit of flavor.
- You can buy frozen fruits and vegetables for a consistently healthy diet, and they won't spoil like they do in the fridge or sitting on your counter.
- Generally, it's still okay to eat after its expiration date.

### **HOW TO OBSERVE #NationalFrozenFoodMonth**

Use #NationalFrozenFoodMonth or #FrozenFoodMonth to post on social media about how you are participating. We all tend to get caught up in the busyness of everyday life, and it's not always realistic that we will have a fresh, home-cooked meal for dinner every night. This month,



give yourself a little extra time to relax and let frozen meals help you make your evening meals a little easier! You deserve it.

### **NATIONAL FROZEN FOOD MONTH HISTORY**

The National Frozen & Refrigerated Foods Association supports National Frozen Food Month every March.

Resource: <https://www.nationaldaycalendar.com/march/national-frozen-food-month-march>

## **Panther Child Care: 754-323-6922**

Ms. Tinerino-Allen



### ***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 social and academic activities and interact safely with new friends after school?

If so, our aftercare is the place to be! Join the fun today!

Our students are involved in many amazing activities and we appreciate your support in making our program the best there is!

They receive homework "help" for 45 mins daily, eat a healthy supper, play indoor and outdoor sports/dance activities, complete arts and crafts projects, and participate in other subject areas and enjoyable events that take place in our program.

### **Program Hours:**

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:

- Registration fee per each child \$30.00
- Monthly Before Care Fees: \$63.00
- Monthly Aftercare Fees: \$253.00\*\*(includes the early release day) \*\*
- Monthly Activity Fee \$12.00,
- Scholarships are available to apply online and must be paid in the aftercare office.

(Aftercare full fees and Activity fees are due each pay period together).

\*Late pick-up fees of \$15.00 will be applied after 6:10 p.m.

(Aftercare full fees and Activity fees are due each period together).

Ms. Tinerino-Allen can be reached at (754) 323-6922 from 2:10 p.m. -6:10 p.m.

**March Themes:** Dr. Seuss, St. Patrick's Day, Weather, Spring, & Easter.

Don't be left out; sign your child up today!

*Mrs. Morrow, Title 1 Liaison*



As a parent or caregiver, you have a key role in your child's education—you can help bridge your child's transition from home to school and give him or her the best chance at success in learning and in life. While your child's education begins at home, this tool provides you with a set of questions to ask and important issues to consider when approaching your child's teachers, principals, and counselors about his or her development. As a parent or caregiver, it can be hard to know how to support your child's learning, but asking your child's educators the right questions is a good place to start.

Key Questions to Ask at Your Child's School To find out if your child is getting an education that will prepare him or her for success, consider asking the following questions related to five areas of school performance: Quality: Is my child getting a great education? › How will you keep me informed about how my child is doing on a regular basis? How can we work together if my child falls behind? › Is my child on grade level and on track to be ready for college and a career? How do I know? Ready for Success: Will my child be prepared to succeed in whatever comes next? ›

How will you measure my child's progress and ability in subjects such as reading, math, science, the arts, social and emotional development, and other activities? › How much time will my child spend preparing for and taking state and district tests? How will my child's teacher and I know how to use the results to help my child make progress? Safe and Healthy: Is my child safe and cared for at school? › What programs are in place to ensure that the school is a safe, nurturing, and positive environment? What are the discipline and bullying policies at the school? › Are the meals and snacks provided healthy? How much time is there for recess and/or exercise?

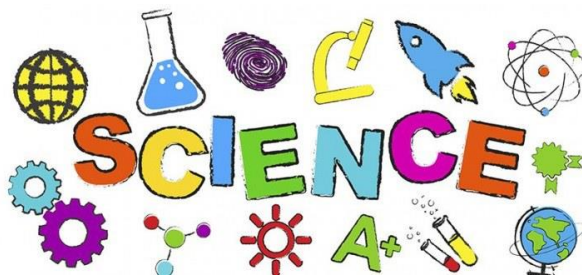
Great Teachers: Is my child engaged and learning every day? How do I know my child's teachers are effective? How much time do teachers get to collaborate? What kind of professional development is available to teachers here?

Equity and Fairness: Does my child, and every child at my child's school or program, have the opportunity to succeed and be treated fairly? › How does the school make sure that all students are treated fairly? (For example, are there any differences in suspension/expulsion rates by race or gender?)

Does the school offer all students access to the classes they need to prepare them for success, including English language learners and students with special needs (for example, Algebra I and II, gifted and talented classes, science labs, AP or IB classes, art, and music)?

**\*\*This resource was developed by the Florida Department of Education**

*Mrs. Balboa, Science Coach*



***What are simple things you can do to help protect the Earth?***

1. **Reduce, reuse, and recycle.** Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.
2. **Volunteer.** Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.
3. **Educate.** When you further your education, you can help others understand the importance and value of our natural resources.

4. **Conserve water.** The less water you use, the less runoff and wastewater that eventually end up in the ocean.
5. **Choose sustainable.** Learn how to make smart seafood choices at [www.fishwatch.gov](http://www.fishwatch.gov).
6. **Shop wisely.** Buy less plastic and bring a reusable shopping bag.
7. **Use long-lasting light bulbs.** Energy-efficient light bulbs reduce greenhouse gas emissions. Also, flip the light switch off when you leave the room!
8. **Plant a tree.** Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.
9. **Don't send chemicals into our waterways.** Choose non-toxic chemicals in the home and office.
10. **Bike more.** Drive less.

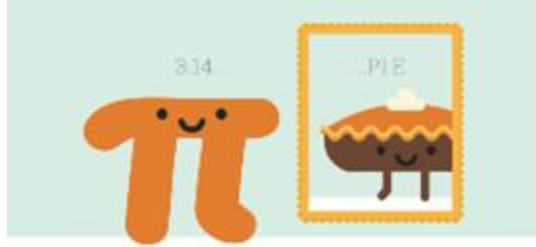
*Mrs. Balboa, Math Coach*



Pi Day is coming! I do not mean the delicious pie your grandma makes for special occasions. March 14 is celebrated in many countries as Pi Day because that date is written as 3/14 in some countries and the mathematical constant Pi is approximately 3.14. How can you celebrate Pi Day?

- Read *Happy Pi Day to You!* and make pie plate hats
- Assemble a Pi Day paper chain
- Celebrate with a pizza pi party
- Make paper-plate pies
- Craft paper pie gift boxes

Introduce Sir Cumference and the Dragon of Pi



*Ms. Damasco, Literacy Coach*



### ***7 Tips for Raising a Reader***

Did you know that, according to the Educational Testing Service, the more types of reading materials there are in the home, the higher students are in reading proficiency? Little things like having books in the house can help kids succeed in reading early on and later in life. Raising a reader isn't hard; it can be the greatest joy, but it does require a consistent effort. Here are some easy steps parents can take to help foster a joy of reading in their kids. 7 tips on how to raise a reader of any age:

1. Lead by example. Be a reader and read around your kids all the time. Show your kids that you are interested and enjoy reading, and this will help spark their curiosity.
2. Read with your kids. Read with your kids early, often, and lovingly to help them establish a positive, comforting, and exciting relationship with reading from the very start.
3. Talk literature. Talk about favorite books, authors, stories, and genres with your kids and with others. Show your kids that you are interested in books and are excited about their interest in books. Talking about literature will help create a rich literary culture within the family.
4. Keep books everywhere. Keep books in the car, in every room of the house, in beach bags, and more. If your kid gets bored and plops down next to a pile of books, then chances are they will pick one up and start reading it.
5. Take regular outings to the library. Outings are always fun, and the library is a great place where kids can explore new books and feel empowered by choosing and checking out their own books.

6. Make reading and writing a part of everyday activities. There are opportunities to read and talk about reading everywhere. Read pamphlets in waiting rooms or, for the younger kids, read street signs while out and about. This is yet another chance to talk about reading.

7. Stay with it! Start these habits when your kids are young and never stop. Who knows, maybe you'll start to love these habits.

Physical Education: Dr. Bellinger, Coach



*4 - Field Day Rocks icon*

### **“EXCITEMENT IS IN THE AIR!”**

The Physical Education Department will be hosting the annual Panthers Field Day on the following dates:

Monday, March 10th	Kindergarten
Tuesday, March 11th	1st Grade
Wednesday, March 12th	2nd Grade
Thursday, March 13th	3rd Grade
Friday, March 14th	4th Grade
Monday, March 17th	5th Grade
Tuesday, March 18th	Pre-K Carnival

## *Pre-Kindergarten*



Spring is Almost Here! As we step into March, we can feel the excitement of spring approaching! The Pre-K team would like to take a moment to say thank you. We truly appreciate your support and hard work as parents. It has been a wonderful year so far, and we are so proud of all the progress our students have made!

This month, our Pre-K students have been learning about Living and Non-Living Things. They are exploring what makes something alive, how living things grow and change, and the differences between people, animals, plants, and objects. We encourage you to ask your child about what they've learned and look for examples together at home or outside!

Reminders:

Attendance Matters - Please ensure your child arrives at school on time each day to maximize their learning experience.

Read Every Night - Reading together for just a few minutes each night builds vocabulary, comprehension, and a love for books!

If you have any questions or concerns, please don't hesitate to reach out to your child's teacher.

## *Kindergarten*



Hello amazing Kindergarten families, we cannot believe how fast this year is going.

Math: We will work on counting to 100, skip counting and finding patterns in counting, as well as identifying, comparing and composing 2D shapes.

Reading: We will answer the question, How do our lives change with the season? We will use fiction and non-fiction texts to answer this question. For phonics, we will work on encoding and

decoding words, as well as focusing on digraphs (sh,ch,th,ph, and ck) and long vowels. Our students are doing an amazing job of learning their Primer sight words, and we will continue adding three new words a week. Please continue reviewing past and current words with your child. In science students will learn about night and day, and objects we see in the sky.

**Social Studies:** We will focus on Geography, using maps and finding places, as well as talking about Women's History Month and the contributions women have made to our country.

We cannot wait to see how our students will continue to grow.

## *First Grade*



The first-grade team would like to say thank you! We appreciate all your support and hard work as parents. If you have any questions or concerns, please contact your child's teacher. Please help us out by making sure that your child is arriving at school on time. That means he/she is in the classroom and ready to learn by the 8:10 a.m. late bell. Let's continue to ensure that their academic progress continues!

**Reading:** Students will compare and contrast two texts on the same topic. They will read with sufficient accuracy and fluency to support their comprehension skills. They will also identify stanzas and line breaks in poems.

**Math:** Students will use concepts of measurement and comparing numbers to solve real-world problems. They will order objects by lengths and use a ruler to measure length to the nearest inch.

**Science:** Students will be learning about living and non-living things. They will be able to identify what basic needs must be met for living things to survive. They will be able to further sort and classify living and non-living things.

**Social Studies:** Students will be learning about geography. They will be able to explain how a compass rose, cardinal directions, title, key/legend, and other symbols help us read a map.

The fabulous first-grade team hopes you have an amazing Spring Break!!



## *Second Grade*



**Reading:** In March, our scholars will retell an informational text and its details. When reading informational texts, you can practice the following questions: Why does a specific paragraph have the subheading (name the subheading)? What is the main topic of the text? Give two details to support your answer. You can also ask: What is the topic of the text? In class, your child will be asked two-part questions. Part A: What is the Main Idea of the article? Part B: Select the sentence from the article that supports your answer. Your child can practice using a highlighter to go back within the text and highlight supporting answers.

**Science:** Our scientists will investigate that air is all around us and that moving air is wind. They will learn that air surrounds us and makes wind. Together, we will measure the speed of the wind and tell its direction with a wind vane. Our goal will be to investigate whether wind can move slowly or fast in one direction or many directions. Scientists will ask themselves these fundamental questions:

1. How can we use our senses to describe air?
2. What is wind?
3. How can wind help us? Harm us?

**Math:** Our mathematicians will be adding and subtracting numbers to 1,000. We will add or subtract 10 and 100 mentally using place-value strategies. Mathematicians will use models, place value, partial sums, or open number lines to add or subtract three-digit numbers.

## *Third Grade*



Students will work on Benchmark Universe Unit 9, Spending Time and Money. In this unit, students will read informational texts about the steps involved in manufacturing a product and bringing it to a market. They will also read fables and folktales that revolve around economics-related practices. As stated previously, it is critical that our attendance rate continues to stay high since it is very difficult for the students to catch up once they miss an assignment.

In Math, third-grade students are learning Fractions. They will continue to work on two-step equations and use math strategies to help break down the problems. Students should continue practicing their math fluency facts daily.

As we approach Spring Break, your child must continue to practice using strategies for comprehension and using good study habits for the upcoming FSA. Thank you.

### *Fourth Grade*



Math: We're almost done with our fourth grade enVision Math Curriculum! Chapters one through eleven are now officially behind us. Of course, spiral reviewing previously taught lesson topics is imperative to ensure we finish the school year strong! All we have left will be the following Chapter Topics 12 through 14: Collect, Represent, and Analyze Numerical Data, Measure Angles and Geometric Shapes, and last but not least, Convert Measurements Using Multiplication and Division. We have online resources such as Fluency Flight, I-Ready Math, Savvas Realize, Success Maker, and more that are beneficial to remediate and enrich math Florida B.E.S.T. standards taught and/or are coming up soon! YOU GOT THIS!

As we follow the B.E.S.T. learning goals, in English Language Arts (ELA), students will learn how text features contribute to meaning and compare accounts of the same event using primary and secondary sources. The F.S.A. Writing test will be on April 3rd. Please be sure your child continues to practice on Progress Learning, Typetastic.com, and iReady reading and math and continue to read daily at home. Reading creates successful individuals. Let us continue to work toward a successful school year!

We are making an impact in science by learning about plants and animals' impact on their environment. It is so important to understand how much plants and animals affect our environment, especially in Florida!

Social Studies: Our 4th graders are currently learning about the impact of the Spanish American War in the 1800s. It has been interesting to learn about the Tensions that arose in Cuba in the 1890s. Those Rought Riders were some interesting college athletes who made a big impression in Tampa. We are also learning about Florida's booming cigar industry that was affected by the Cuban conflict.

### *Fifth Grade*



Fifth Grade continues to trend towards testing. This month, students will learn the concepts in preparation for the JA Biztown field trip. JA Biztown is a field trip in which all of the students will have a job running a fictional city.

Academically, our students will be mastering skills of multiplying and dividing fractions with different denominators.

Science: Our students continue to discuss various types of weather and the atmospheric conditions that cause them. Meanwhile, in ELA, students will continue to build their comprehension by mastering the skill of general thesis to increase comprehension within a variety of different genres.

## *A.S.D. (Autism Spectrum Disorder)*



March is here, and we are excited for a month filled with engaging activities and opportunities for our students to grow and succeed! One of the highlights this month is Field Day, hosted by Dr. Bellinger, where each grade level will have the chance to participate in fun and interactive outdoor games. This event is a wonderful opportunity for students to build teamwork, enjoy physical activity, and celebrate their hard work. We encourage all students to join in and have a great time!

Additionally, we are continuing Success Camp throughout the month to provide extra support in reading and math as we prepare for the FAST PM3 testing at the end of the school year. This program is designed to reinforce key skills and boost student confidence, ensuring they are ready to do their best. If your child is participating, please continue to support their learning at home by encouraging regular reading and practicing math skills in fun, engaging ways.

As we approach Spring Break (March 24-28), we want to share a few simple sensory-friendly activities that can help keep your child engaged and regulated during the break. Sensory bins filled with items like dried rice, beans, or kinetic sand provide a calming and hands-on way to explore different textures. Water play with sponges, measuring cups, and small toys can be a great way to encourage fine motor skills while keeping things fun. Movement breaks, such as an indoor obstacle course or a trampoline session, can also help your child stay active and regulate their energy levels.

We appreciate your continued partnership and look forward to a wonderful month ahead! If you have any questions or need additional resources, please don't hesitate to reach out.

Contact Ms. Spann, Autism Coach at [Marla.Spann@browardschools.com](mailto:Marla.Spann@browardschools.com).

## Ms. Organo: Science, Technology, Engineering & Math (S.T.E.M.)



Our STEM classes are always super busy! Each grade level will be learning different science concepts. The students are becoming expert scientists and learning critical thinking skills to help them be successful. Here are some of the highlights for March!

*PreK and K:* The students are expected to recognize how things can appear big or small as seen from Earth and observe how some objects are far away or nearby as seen from Earth.

*1st Grade:* The students will learn “Safer, Smarter Kids!” lessons.

*2nd Grade:* The students are expected to investigate by observing and measuring that the Sun’s energy directly and indirectly warms water, land, and air; to investigate, observe and describe how water left in an open container disappears (evaporates), but water in a closed container does not disappear (evaporate).

*3rd Grades:* The students are expected to identify the Sun as a star that emits energy, some of it in the form of light, and to demonstrate that radiant energy from the Sun can heat objects, and when the Sun is not present, heat may be lost.

*4th Grades:* The students will learn “Safer, Smarter Kids!” lessons.

*5th Grades:* The students are in review mode to get them ready for the FSA Science Test.

## Mrs. Thomson, School Counselor



Our character trait of the month is *Self-Control*. This is an important trait for students to work on, no matter the grade level they are in. Self-control involves having control over your thoughts and actions so that you can make good choices. When we make poor decisions and lose control over our actions, we will, oftentimes face consequences. Self-control can help students to make positive decisions that will benefit rather than harm them long term.

As testing season approaches, many students become anxious and doubt themselves. A coping strategy that can be helpful is positive self-talk. Our feelings about different situations are often guided by our thoughts. When we change how we think about something, we may feel differently. Instead of saying, "I'm going to fail this test," students might say to themselves, "I'm going to try my best and pass this test." Additionally, parents can help students to develop and practice positive affirmations daily.

If you have any questions or concerns, please contact me at [meagan.thomson@browardschools.com](mailto:meagan.thomson@browardschools.com).

### **Contact Us**



*"We, the Panther Family, are committed to ensure, that ALL students receive a quality education within a safe and nurturing learning environment."*

#### **Pasadena Lakes Elementary**

8801 Pasadena Boulevard

Pembroke Pines, FL 33024

754-323-6900

**Attendance Line:** 754-323-6902

**Email Us:** [PasadenaLakesES@browardschools.com](mailto:PasadenaLakesES@browardschools.com)

Visit us on the web at [www.browardschools.com/PasadenaLakes](http://www.browardschools.com/PasadenaLakes)

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[PDE\\_Yearbook@browardschools.com](mailto:PDE_Yearbook@browardschools.com) **Subject:** For use in Yearbook

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