Message from Mrs. Berry

Wow! I can’t believe spring is already here. For you advanced planning, I would like to include dates and times for our end of the year awards day celebrations. We hope you can join us as we celebrate your child’s successes for the 2018-2019 school year.

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<thead>
<tr>
<th>Date</th>
<th>Grade</th>
<th>Time</th>
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<tbody>
<tr>
<td>May 28th</td>
<td>4K</td>
<td>8:30am</td>
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<td>May 28th</td>
<td>1st Grade</td>
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<td>May 29th</td>
<td>2nd Grade</td>
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<td>May 29th</td>
<td>3rd Grade</td>
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<td>May 30th</td>
<td>5K</td>
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<td>May 30th</td>
<td>4th Grade</td>
<td>11:00am</td>
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<tr>
<td>May 31st</td>
<td>5th Grade</td>
<td>8:30am</td>
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Counselor Corner– Ms. Gilmer

Our character word this month is **Mindfulness** – the ability to stay focused and present in the moment, while accepting and acknowledging any feelings, thoughts or sensations that arise. Mindful students have the ability to pause, breath, and listen to what their minds and bodies are telling them, without necessarily reacting. Practicing Mindfulness teaches students how to better deal with stress and feeling overwhelmed. In classroom guidance this month we will be using the Calm Schools Initiative, Cosmic Kids Yoga, and Mindfulness lessons to teach students healthy coping mechanisms, self-regulation, and relaxation techniques to better help them reduce their stress and anxiety before testing season. Here is one activity you can use at home to help your child manage overwhelming emotions:

Deep Breathing
While your child traces his/her hand with their pointer finger, have them inhale deeply tracing up, and exhale deeply tracing down. Deep breathing helps your child focus on the present moment, instead of what is going on inside their worried minds. It also helps blood flow to the brain.

Boys and Girls Club

We are so thankful for all of the special men in the lives of the young ladies at PES. The Father Daughter Dance was special and we look forward to this grand event next year and years to come.

Congratulations to our 2018-2019 Youth of the Year winner, **Hayden**. We would like to wish him the best of luck as he competes on April 11th at the District level.

Every Second Counts ~ Choose Kindness ~ Everyone Can Learn
ART

Abigail is the artist of the month! Abigail is in the 3rd grade and made surreal art using mixed media!

MUSIC

Congratulations to our second and third grade students on their fabulous performance of Squirm! They performed this show in front of a packed auditorium on Thursday, March 28th. We are so proud of them!

Literacy

During the month of March, there was a reading competition between the established boats which consisted of different classes as teams. The students in the Caring Canoe were the winners of the competition. We are very proud of all the students that participated and hope they will continue to be excited about reading.

Media Center

Now that we are in full swing with beautiful spring weather, take your reading and writing activities outside! Spending time reading with your child is a wonderful activity to spark conversations, and spending time in the fresh air and sunshine is healthy for everyone. Check out these tips for reading outdoors with your child from https://childhood101.com/outdoor-literacy-ideas/.

1. Read outside
Grab a few books and head outside. Bring along a blanket to sit on, find a tree to lean up against or cuddle up in an outdoor fort.

2. Paint alphabet rocks
Gather up some rocks from around the neighborhood or a local park. You can create a set of alphabet rocks by painting letters on each rock with acrylic paint.

3. Make story stones
More drawing on rocks – this time using pictures instead of letters. Create nature-themed images such as animals, flowers, insects and the elements.

4. Create your own nature ABC book
Go on a nature hunt with your little one – around your neighborhood, backyard, park, garden, local zoo or aquarium. Look for something to represent each letter of the alphabet.

5. Use nature for letter making
Kids just learning their letters will have fun shaping letters using items found in nature such as rocks, sticks or flower petals.

Physical Education

Students in 3rd-5th grade will be participating in the end of year fitnessgram testing. This test will measure student’s cardiovascular endurance, muscular strength/endurance, and flexibility. After testing, K-5th grade students will be starting their golf unit using the first tee equipment. During this unit, students will learn the grip, putting form, chipping form, and full swing.

Statement of Non-Discrimination: Spartanburg School District Three does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities and provides equal access to the Boy Scouts and other designated youth groups. The following person(s) has been designated to handle inquiries regarding the nondiscrimination policies: Director of Personnel and Pupil Services, 3535 Clifton Glendale Road, Glendale, SC 29346 (864)279-6000 rgoode@spartanburg3.org

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