



# Coastal Connection

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## Important Dates

Feb. 6-7 - Blue Ribbon School Review

Feb. 7 - Spirit Night at Cactus Cantina

Feb. 14 - 7 Habits w/ Admin in The Nest

Feb. 15 - Club Day

Feb. 17<sup>th</sup> - Random

Acts of Kindness Day

Feb. 20-21 - **Mardi Gras Holiday** (No School)

Feb. 24<sup>th</sup> - Pizza Snack



**What:** Acts of Kindness Day

**When:** Friday, February 17<sup>th</sup>

**Where:** ALL Gulf Shores City Schools

Note: *If you purchased the "Acts of Kindness" shirt for your child or yourself, they will be receiving those on Monday, February 13<sup>th</sup>. Shirts are to be worn on Friday, February 17<sup>th</sup>.*

Dr. Alicia Early  
Principal

Sonya Price  
Assistant Principal

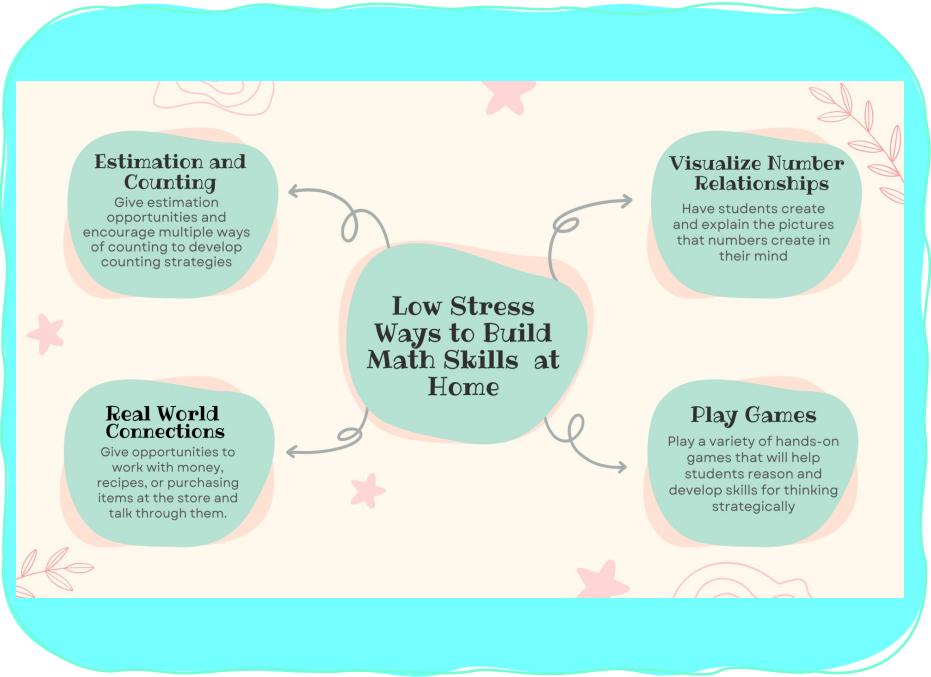
Dr. Tim Webb  
Assistant Principal

## **CHRONIC ABSENTEEISM**

Chronic absenteeism is defined by the state as a student having 18 or more absences during a school year. We have many students who fall in this category and this impacts us on our state report card as a school. We ask for your help in getting your child to school when they are well and can be here.

7 Habits with Admin

On February 14th, 7 Habits with admin will be from 8:30 – 10 in The Nest. Dr. Early will lead parents in the next round of habits 2 and 3. We are excited to have you join us!



State Testing is quickly approaching. Below you will find some tips to help prepare your child.

5 tips to reduce

TEST ANXIETY

in CHILDREN

**1. PUT TESTS INTO PERSPECTIVE**

- Encourage children to do their best, but remind them that one test won't make or break their future.
- Tell them they will be tested and without no matter what test score they earn.
- Explain this test will provide helpful information about what they're great at and what they still need to practice.

**2. HELP THEM PRACTICE**

- If your child is nervous, start by asking why they feel nervous.
- Consider finding practice tests online you can discuss together.
- Don't push your child to study for the test; these tests are meant to measure what your child already knows.

**3. PROVIDE USEFUL TEST-TAKING TIPS**

- Answer the easiest questions first, mark difficult questions and return to them later.
- Use process of elimination, crossing out the answer choices you know are wrong.
- Make an educated guess when needed.
- Read all the answer choices before choosing one.
- If paralyzed for longer answer choices, don't guess unless you can eliminate some answer choices.
- If ever's paralyzed for answer choices, don't leave any questions blank. If time is about to run out, bubble something for each unanswered question.

**4. TEACH CALMING STRATEGIES**

- Experiment with calming strategies to find some go-to techniques.
- Remind them they won't know every single answer on the test, and that's okay.
- Give them a plan for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time practicing these strategies before test day.

**5. PROVIDE ENCOURAGEMENT**

- If your child voices a negative statement, like "I know I'm going to fail," acknowledge your child's feelings: "I know you're feeling nervous about the test. Tests can be scary."
- Counter with a confident and encouraging statement: "You've practiced really hard and learned a lot this year. You might know a lot of the answers and get a higher score than you're expecting."
- You can also leave your child encouraging messages in a backpack or on the mirror with dry-erase markers.

**BONUS TIP:**

- HELP THEM FEEL THEIR BEST ON TEST DAY**
  - Choose movement and exercise
  - Get plenty of rest
  - Stick to your usual bedtime routine
  - Avoiding excessive screen time
  - Providing a protein-rich breakfast in the morning, like oatmeal or eggs
  - Keeping conversation positive, encouraging, and lighthearted
  - Show laughter and sing favorite songs on the way to school, if driving. Listen to our Big Life Journal playlist on Spotify!
  - Leave your child with a big hug and words of encouragement!

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

shorturl.at/kZ357



Car Line Update

First, a quick reminder. Our car line closes at 7:50. We have many teachers who help in the morning, and they need to be headed to their class by 7:50. To ensure this happens, we are going to close the main car line down at the corner of 16<sup>th</sup> & 3<sup>rd</sup> (see image; blue star is where barricade will be placed) at 7:50 sharp. If the barricade has been put in place, you will need to continue straight ahead to the car loop in front of the school, park, and sign in your child. Thank you for your help with this.

