



EAST WASHINGTON  
ACADEMY

Placing Learners First

# Family Newsletter

## Principal Update

Quarter 3 2022-2023

EWA Families,

It's hard to believe we are already rounding the corner towards the end of the school year! Looking ahead to Quarter 4, our value focus is on Perseverance. We are defining this as "finish what we started!". Focusing on this at the end of the year will help all of us remain focused on themes such as grit, diligence, effort, and accountability. We will have our final "House" meetings of the year on the remaining early release dates of April 25th and May 23rd. The end of the year always feel so full of exciting activities; on the back are some of our most important dates. Stay tuned additionally for more information about various summer school and summer camp opportunities!

As always, thank you for all that you to support your student!

-Principal Anglin

## Counselor Update

We think of test anxiety as something that crops up when teenagers take the SAT or some other important exam, but the truth is that even very young children can experience it. With the increase in tests and assessments at the elementary school level, more and more young children are experiencing symptoms of test anxiety. There are a few steps you can take to help your child tackle this problem before it becomes overwhelming.

- 1 Ask questions to clarify:** Often, the process of saying their worries out loud helps young children work through their feelings. Understanding the thought patterns that trigger anxiety can help parents develop strategies to target specific concerns. Try asking these questions: How do you feel when you first see the test? What's your biggest worry about taking a test? Do you feel worried when you think about a test or only when you see the test? Questions like these help us to avoid assumptions about why kids feel anxious.
- 2 Teach test-taking basics:** Young children have very little experience taking tests. Kids may feel empowered simply by talking through basic strategies, such as reading the directions, asking questions about the directions, looking for questions they know they can answer right away, and passing over tricky questions for a moment.
- 3 Talk to the teacher:** Some young children become overwhelmed by things like timed math computation tests and spelling tests because they look at the whole page instead of focusing on one answer at a time. If this is the case for your child, the classroom teacher might be able to implement some simple solutions such as using a piece of paper to cover the majority of the page so that your child only focuses on one line at a time. Other kids experience anxiety when they look around and see everyone working quickly. They become distracted by the noise of the pencils scratching on the papers. A quick fix for this is a privacy shield at the desk or being seated in a separate area at the back of the room.
- 4 Encourage positive self-talk:** Cognitive reframing is a great way to help young children cope with their anxious thoughts. We can teach kids to "boss back" anxious thoughts by replacing negative thoughts with positive ones. So when their brain signals that something is too hard, they can say, "You don't worry me! I know how to do this!"
- 5 Teach relaxation strategies:** Visualization exercises are great for little kids because they tend to have active imaginations. Practice these when your child is calm. Ask them to close their eyes and identify a place they feel happy, confident, and relaxed. Encourage them to share details about the sights, sounds and scents in their calming place. As they share, cue them to take deep breaths. Then on test day, remind your child to close their eyes and visualize their calming place when they feel anxious.
- 6 Bolster confidence:** The bottom line is that test anxiety can feel like a confidence killer.

Test anxiety can feel overwhelming for little kids, but if it's addressed quickly, you'll find that your child will likely build test confidence over time.

## School Wide Glow Party

Hard work on Compassion will pay off to have our school wide Glow Party on Friday March 17th!

# Important Dates

- March 29: Food Pantry 330-5p
- April 3-7: ILEARN practice testing (3rd-5th grade)
- April 12: Family Literacy 430-630p and Spring photos
- April 13: Kindergarten Roundup 4-8p and PTO 6-7p
- April 17-28: ILEARN state testing (3rd-5th grade)
- April 19: Midterm progress reports sent home
- April 25: Early release 1245p
- April 26: Food Pantry 330-5p
- May 11: PTO 6-7p and Celebrate Excellence TBA
- May 19: Field day
- May 23: Early release 1245p
- May 24: 5th grade graduation 1-230p and Food pantry 330-5p

## Get to know our newer staff



My name is Stacy Britton and I am a first year special education teacher. I decided to become a teacher after working in social services and family preservation for over 20 years. I've had several foster children go through Muncie Community Schools and really appreciated the way they were treated. I was a substitute for 2 days and then took a position as a one on one and I loved that! I learned about an opening for a third special education teacher and after working with the teachers and staff here at EWA and seeing the work they do, I decided to return to graduate school to do the transition to teaching program. I currently have a son who is a sophomore at Central and a son in 4th grade here at EWA. I love it here! Go Wildcats!



Hello, my name is Jenna Willaman and I teach second grade at East Washington Academy! I graduated from Ball State University in May 2022 with a degree in Elementary Education. At Ball State, I met my husband and we got married in July 2022. When I am not at school I enjoy baking, reading, and walking with my husband and corgi. I am grateful to be spending my first year teaching with the wildcats at EWA! My favorite part about teaching thus far is witnessing students have "lightbulb" moments where they are able to apply what they have learned independently with excitement and confidence. I am excited to see what the rest of the year holds for my class as we continue to grow together. Go Wildcats!



This is my first year serving as a behavior coach at EWA and I am enjoying every minute of it! My role here at school is to provide behavior intervention on a classroom and individual student level. I also spend a lot of time creating individual behavior plans for students. Throughout the day I am in classrooms supporting students as well as teaching them the social and emotional skills needed for them to become the most successful version of themselves. I spend a lot of time helping kids have restorative conversations and focus on creating spaces for students to have positive peer interactions. The best part of my job is seeing growth in students throughout the year as they meet their behavior and academic goals.

### EWA Wildcat PAWS

Persevere Act with integrity Will have courage Show compassion



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