

PARENT NEWSLETTER

Week of April 15, 2024

SCHOOL PLEDGE

Right now, today, this very moment, I am capable of giving myself, the gift of absolute self-assurance, self-belief, and powerful non-stop confidence in myself.



“ TO THROUGH AND BEYOND COLLEGE ”



Revised F MESSAGE FROM PRINCIPAL DUNGEY

Summer School

NPFE is offering a Face to Face Summer School & Enrichment Program. For the duration of 5 weeks students will engage in thematic novel studies in Reading, Hands on scientific inquiry and problem solving projects in Math. Additionally, enriching sports camps, chess and other activities to enhance and cultivate students socially and emotionally.

Start date: June 26th End date: July 31st

Monday through Thursday only

Times: 8:00 AM till 12:00 pm

Afternoon Enrichment Camp 12:00 PM to 3:00PM

<https://forms.gle/5u79Pp4iRnjteCSof>

NOTE: in order to participate in the afternoon Enrichment Camp your student MUST be enrolled in Summer School from 8:00 AM till 12:00 pm

Test Anxiety

The American Psychological Association recognizes test anxiety as a type of performance anxiety, characterized by extreme nervousness about taking a test. Test anxiety can occur when students have an underlying fear of failure, when they feel extreme pressure to do well, or when they've had poor previous testing experiences. It can result in an assortment of physical symptoms, such as simple "butterflies in the stomach" or more serious symptoms, including headache, nausea, and light-headedness, as well as emotional and cognitive symptoms like feelings of helplessness and difficulty concentrating. Students with serious test-anxiety often experience such symptoms, even if they've worked hard to prepare for the test and know the material—they'll simply freeze or go blank once the test is in front of them. In our current world where schools are shifting between in-person and virtual learning, anxiety is likely even higher, as worries about being prepared or general anxiety mix in with other test-taking reactions. Of course, no teacher or caregiver wants to see a student stressed out to this extent over any single test. So, what can educators do to help learners manage test anxiety and take the fear out of testing day? Here are helpful tips:

DAY ANNOUNCEMENTS

Monday 4/15	Read and Respond and C3 passed out MSTEP MSTEP Make UPS
Tuesday 4/16 Reading Rally SFA	Exact Path during intervention MSTEP 3 rd and 4 th ELA 8:30-11:15 Rm 207 and Rm 209
Wednesday 4/17 Update Member Center	Exact Path during intervention MSTEP 3 rd and 4 th ELA 8:30-11:15 Rm 207 and Rm 209
Thursday 4/18 Reading Rally Pretty Brown Girls 4:00-5:00	MSTEP 3 rd and 4 th Math 8:30-11:15 Rm 207 and Rm 209 PAL Critical Conversations Program 8 th graders 11:15- 12:45
Friday 4/19	Read and Respond/C3 Due Spelling Tests MSTEP MSTEP Make UPS
UPCOMING	
4/23	Admin Assistant Day - Celebrate Ms. Merrill!!
4/22-4/24 4/22-4/23	6 th /7 th Grade MSTEP Testing 4th Grade Camp
4/26	Potential Retention meetings by
6/7	EOY Federal Grants Meeting

UNIFORMS ARE REQUIRED DAILY!

THIS MEANS BLUE PANTS AND WHITE BUTTON DOWNS – NOT POLOS! THE AIR CONDITIONING WILL BEGIN RUNNING! STUDENTS MAY ONLY WEAR NAVY BLUE OR RED CARDIGANS OR UNDERSHIRTS.

1. Prioritize classroom preparation efforts

Studying and preparing beforehand are two things that students really do have control over when it comes to testing, and they can bring a lot of confidence and peace of mind. Make sure that you go to a test with a well-thought-out review plan to give your students plenty of chances to brush up on knowledge and skills they'll be assessed on. It's also very helpful to get your students comfortable with the type of test environment they'll experience. If tests will be taken online, make sure that your students are familiar with the kind of devices they'll use and.

2. Ask students where their fear is coming from

Having a better understanding of why a student is experiencing test anxiety or if there are other things exacerbating it can be hugely helpful in figuring out the best way to manage it. Some students will be able to articulate their feelings better than others, so helping students build their emotional vocabulary can be very helpful. Regardless, asking the question will provide valuable clues as to what will help calm a student down.

3. Keep things in perspective

In the grand scheme of things, no single test is going to define a student's academic career or have that significant of an impact on the student's future. After all, it's just one test. As an adult, it's probably much easier for you to understand this perspective than it is for your students—you've had more experience with both failure and success, and you realize that they both happen and know that no matter what, the world keeps turning.

You can share this perspective with your students regularly, offering gentle reminders that every test is just a test and that no test defines how smart, successful, or worthy students are. Remember, though, that adolescent brains function much more in the now and that their prefrontal cortex/rational brain is not fully developed. It may feel like this test is make or break. Students may have home dynamics or internal success pressure that drive the anxiety. Their perception is their reality. In this case, working on coping skills, eliminating all-or- nothing thinking, or listening to and validating their story can go a long way.

Team what are you doing in your classroom to support your scholars attending daily? Your efforts matter and can make a huge difference!!

Glazer Attendance Week of 4/8 **Overall 83%** - our Goal is 95%

K	79%
1	77%
2	87%
3	86%
4	78%
5	79%
6	90%
7	80%
8	90%

ATTENDANCE MATTERS

Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.

- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.

18 DAYS = CHRONICALLY ABSENT = POTENTIAL RETENTION

EXACT PATH
Time on Learning Path

	Math	Reading
K	96%	59%
1	63%	68%
2	59%	86%
3	50%	55%
4	94%	76%
5	52%	88%
6	58%	72%
7	81%	50%
8	67%	25%

Great shifts in Exact Path last Week!

Skills Mastered

	Math	Reading
K	20	24
1	7	12
2	15	34
3	6	5
4	32	22
5	15	39
6	48	90
7	20	12
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Tuesday, April 16 - Thursday, April 18, 2024

DATE	GRADE	TEST	PROCTOR	TEST ADMIN.
4/16/24	3	ELA	HAND	BAKER
4/17/24	3	ELA	HAND	BAKER
4/18/24	3	MATH	HAND	BAKER

DATE	GRADE	TEST	PROCTOR	TEST ADMIN.
4/16/24	4	ELA	JOHNSON	DUNGEY
4/17/24	4	ELA	JOHNSON	DUNGEY
4/18/24	4	MATH	JOHNSON	DUNGEY

