



JANUARY



Seminole Elementary Times

A Note from Your Principal Mrs. Grasso



A Message from the Principal

Dear Parents and families,
 Happy New year to all of you! I hope everyone has had a restful and relaxing break and ready for our 2nd semester of the school year. We have so many things to look forward to and I want to keep you all informed with the up-coming activities so please look for flyers or notes in student agendas coming home, teacher emails, marquee postings and of course, the newsletters that are being sent home each month. We will continue to highlight student accomplishments and hope your child's name will be included throughout the year!

If you have a child who will be 5 years old on or before Sept. 1, 2017, early sign up for Kindergarten will begin January 10 and the Seminole Elementary Kindergarten Round Up will be on Jan. 12th at 6:00 pm in the Centennial Building (located on Park Blvd). So please spread the word to all potentially new parents and students regarding the Kindergarten sign up for next school year.

Did you know:

- There are only 33 instructional days before our 4th and 5th graders take the annual FSA writing Assessment?
- That there are only 44 instructional days before the 1st and 2nd graders take the SAT 10 Assessments?
- That there are only 49 instructional days before the FSA (formerly known as FCAT) begins for the 3rd-5th graders?

Each day is so important and we can't thank you enough for also emphasizing the importance of education and encouraging your children to do their best! What an impact it is making as we all work together and develop such successful students and great citizens! As always, I thank you for the opportunity to work with you and your children and I am most appreciative of your support and interest in the Seminole Elementary School community! I am anticipating and looking forward to a wonderful 2017!

Sincerely,
 Mrs. Grasso

Math Night @

Publix and Seminole Elementary Publix.

Tuesday January 24th 6pm-8pm
6:00-6:45pm

K-2 meet at Publix;

3-5 Meet at Seminole Elementary Café

7:00-7:45pm

3-5 Meet at Publix

K-2 Meet at Seminole Elementary Café

We will have Publix Math Night. This is an evening full of activities to solve real-world math problems at our school and at the Publix (113th and Park Blvd.) There will be activities at the school and Publix for families to do. Refreshments will also be served

Treasure Island Fun Center Spirit Night



Friday January 20th 6pm – 8pm
 7770 Seminole Blvd.

Choose from 2 great options:

\$5 for 2 hours All You Can Play Vide Games, Pinball, air Hockey & Kiddie Rides (Seminole gets up to \$2.50)

OR

\$11 prepay or \$13 day of event

Unlimited play on video games, pinball, and air hockey, \$5 credit for ticket and prize games, 2 slices of pizza or 6 chicken nuggets, 1 small fountain drink bottle water or juice box

Prepay forms can be picked up in front office
 Checks made payable to **Seminole Elementary**

Upcoming Events JANUARY

- 9th
 - K Kids mtg. 2:35-3:35
- 10th
 - SAC 6:00pm
- 11th
 - Read Counts Celebration
- 12th
 - Kindergarten Round Up
- 13th
 - All Children's Walkathon
 - Report Cards Go Home
- 16th
 - Martin Luther King (NO SCHOOL)
- 18th
 - PTA Board Meeting 3:30pm
- 20th
 - Honor Roll / Principal's List
 - **Academic Black Belt Assembly** –
 - 4th grade – 12:30- 1:00;
 - 3rd grade – 1:10-1:40;
 - 5th grade – 1:50-2:20
 - Treasure Island Fun Center Spirit Night 6pm-8pm
- 23rd
 - Principal's List Bowling Party 10:30am-12:30pm Seminole Lanes
- 24th
 - Publix Math Night 6pm-8pm
- 25th
 - Character Assembly 8:35am PE Court
- 26th
 - 100th Day of School

WEEKLY EVENTS

Extended Learning Program

Monday & Wednesdays 2:40-3:40pm

STEM Club

Tuesdays 2:40-4:00pm

SEM Enrichment Clusters

Fridays 8:45-9:45am

Good News Club

Thursdays 2:40- 4:00pm

Mad Science

Thursdays 2:40



PreK					
Green/Piper	Landon Hall	Gia Trzeciak	3rd	Irish Gildner	Peyton Graham
KG			Barlo	Rylee Stulce	Julian Nguyen
Horton	Emmaline Gambino	Chase Pacocha	Carlson	Juliana Cooper	Ty Harris
Conde	Kierion Mosley	Kylie Owens	Poolson	Serenity Green	Adriana Perez
Schuler	Chase Hall	Sophia Darroch	Rudolph	Maya Asato	Dean Mahoney
Davis	Serenity Ramos	Dontaye Howard	Kopkau	Mahogany Randolph	Jaden Edwards
Fellows	Demari Howard		Kappler		
1st			Fugate		
Flock	Trae Vogel	Alexis Elliott	4th		
Dupre	Anthony Stanzione	Baylei Duran	Taylor	Isabella Redden	Izaiah Charland
Ellis	Jasmine Desforges	Mykaylah Slate	Swartz	Jayden Foss	Carley Harvey
Gamble	Soulain Ledford	Jaydon Bates	Cröse	Joseph Venech	Jade Robinson
Guglielmo			Arnold	Belaynesh Shubin	Lismarie Barnes
2nd			Leonard	Jediel Padro-Zeno	Cira Leonard
Luczaj	Mackenzie Peterson	Kayleigh Richmond	5th		
Gorman	Elly Palacios	Gracie Lu Walters	Henkel	Gabriell Leili	Ethan Ray
Patterson	Kayla Robb	Austin Longboat	Grimm	Sienna Gonzales	Danielle Goettsch
Mucerino	Daniel Williams	Alex Wilcox	Lentz	London Adams	Corinne Milot
			Sadock	Wiktorja Kepka	Victor Salas-Morales
			Tripp	Carolena Brooks	
			Halpern	Connor Houff	

Dinner Dilemmas

December's Word of the Month is Self-Motivation. Self-Motivation is working in a careful and consistent manner without giving up
Purpose: To create family discussions that promotes Character Education in Pinellas County.

Dinner Dilemmas are designed to go home once a month with the students. Schools that send home a weekly newsletter could print one dilemma each week in its publication. During the week families are asked to discuss the dilemma. It is hoped that families will talk about the dilemma and decide how the character quality of the month relates to the situation presented. It is further hoped that families will discuss the dilemma of the week and decide how the character quality of the month applies to each family member.

Week 1

Situation: During a bike race, Sue has a minor accident.

Dilemma: On one hand Sue could quit the race. On the other hand she could motivate herself to get up and finish the race.

Discussion: What is your advice to Sue?

Week 2

Situation: Sam's mother had to leave early for work. She told him to set his alarm clock. When the alarm goes off Sam is really tired, he knows he is not prepared for a test in his science class today.

Dilemma: On one hand Sam could roll over and go back to sleep. On the other hand Sam could motivate himself to get up and go to school and do the best he can on the test.

Discussion: What is your advice for Sam?

Week 3

Situation: Sam enjoys playing the violin. His instructor told him if he practiced more he could probably make "first chair." None of Sam's friends play a musical instrument. They want Sam to hang out with them after school.

Dilemma: On one hand Sam wants to hang out with his friends. On the other hand Sam wants to improve his musical skills and become a better violinist.

Discussion: What is your advice for Sam?

Week 4

Situation: Sue wants to enter the Commitment to Character essay contest. However, being shy, she is concerned that if she wins she will have to read the essay in the school assembly.

Dilemma: On one hand Sue knows she is a good writer and has a first-rate character message to share. On the other hand she is afraid about reading in front of the whole school.

Discussion: What advice do you have for Sue?

Application Period for Choice Programs January 4th – 13th



Families can apply for magnet, fundamental and career programs Jan. 4-13. To learn more about application programs and the application process, visit www.pcsb.org/choice.

The Student Assignment Office is open from 8 a.m. to 4:30 p.m. Monday through Friday. During the application period, the office will provide Help Sessions to assist families with the application process:

- 5:30 to 7:30 p.m. Wednesday, Jan. 11, at Gibbs High School, 850 34th St. S., St. Petersburg
- 4:30 to 7:30 p.m. Thursday, Jan. 12, in the Student Assignment Office of the Pinellas County Schools Administration Building, 301 Fourth St. SW, Largo.

For information call 727-588-6210

New Online Registration for Pre-Kindergarten Programs

Pinellas County Schools is starting a new online application process for Prekindergarten for 3 year olds and Voluntary Prekindergarten. The application period for Pre-K 3 and VPK for the 2017-18 school year will be March 20-April 9.

In the past, parents had to visit elementary schools to apply for a seat. In March, they will be able to apply online. Families interested in VPK will also need to apply for a Certificate of Eligibility from the Early Learning Coalition at www.vpkpinellas.net. For information about Pre-K 3, visit www.pcsb.org/prek3 or call 727-588-6000 ext. 2184.

For information about VPK, visit www.pcsb.org/vpk or call 727-588-6513.

Kids and Exercise



When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights.

But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

The Many Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- lower blood pressure and blood cholesterol levels
- have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

- 1.run away from the kid who's "it" (endurance)
- 2.cross the monkey bars (strength)
- 3.bend down to tie their shoes (flexibility)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements.

Endurance develops when kids regularly get aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder. When done regularly and for extended periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells.

Aerobic exercise can be fun for both adults and kids. Aerobic activities include:

- basketball •bicycling •ice skating •inline skating •soccer
- swimming •tennis •walking •jogging •running

Improving strength doesn't have to mean lifting weights. Instead, kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle.

Stretching exercises help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion. Kids get chances every day to stretch when they reach for a toy, practice a split, or do a cartwheel.

The Sedentary Problem

Being overweight or obese in childhood has become a serious problem. Many things add to this epidemic, but a big part of it is that kids are becoming more sedentary. In other words, they're sitting around a lot more than they used to.

Kids and teens now spend hours every day in front of a screen (TVs, smartphones, tablets, and other devices) looking at a variety of media (TV shows, videos, movies, games). Too much screen time and not enough physical activity add to the problem of childhood obesity.

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or other screens. The American Academy of Pediatrics (AAP) recommends parents:

- Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active.
- Limit screen time to 1 hour a day or less for children 2 to 5 years old.
- Discourage any screen time, except video-chatting, for kids younger than 18 months.
- Choose high-quality programming and watch it with your kids to help them understand what they're seeing.
- Keep TVs, computers, and video games out of children's bedrooms and turn off screens during mealtimes.

Raising Fit Kids

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle.

Here are some tips for raising fit kids:

- Help your kids participate in a variety of age-appropriate activities.
- Establish a regular schedule for physical activity.
- Make being active a part of daily life, like taking the stairs instead of the elevator.
- Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
- Keep it fun, so your kids will come back for more.

Reviewed by: Mary L. Gavin, MD

Date reviewed: December 2016



Join in the celebration of National Mentoring Month to kick off 2017 – become a mentor.

It's easy – just have lunch with a student for 30 minutes one day a week. To get started, attend a mentor training.

Tuesday, 01/10/2017 – 12:00 p.m. to 1:00 p.m.
Pinellas County Schools Administration Building
301 Fourth Street, S.W., Room E111
Largo, FL

Wednesday, 01/11/2017 8:00 a.m. to 10:00 a.m.
City of St. Petersburg
Water Resource Building, Conf. Rm.
1650 Third Ave., North St.
Petersburg, FL

Friday, 01/16/2017 9:00 a.m. to 10:00 a.m.
Pinellas Park Family Resource Center 5180 62nd Ave N., Pinellas Park, FL
(Limited parking)

Tuesday, 01/24/2017 4:00 p.m. to 6:00 p.m.
Wells Fargo Room 12090 Starkey Road, Largo, FL

Please register in advance: call the Office of Strategic Partnerships, Family & Community Relations at extension 5050 or email Michelle Roberge at robergem@pcsb.org

Mentor a Child & Change 2 Lives; Theirs and Yours!

Ways to Be Engaged in Your Child's Education and Make Education a Priority in Your Home



- Make education a priority in your home.
- Discuss the importance of education with your child.
- Have your child attend school every day – on time. If they are not in school, they will miss information and instruction.
- Talk with your child daily about his/her school day, homework, and activities.
- Assist with homework when needed and check to see if it is complete.
- Attend your child's performances and other school events.
- Celebrate your child's efforts and accomplishments.
- Communicate regularly with your child's teachers.
- Let the teacher know the best way and time to communicate with you – email, phone, agenda, Focus, etc.
- Find out the best way and time to communicate with your child's teacher.
- Attend Parent/Teacher conference and Open Houses.
- Address issues early.
- Ask your child's teacher how you can support them – supplies, organizing, contacting other parents, etc. It could be as easy as cutting out shapes or alphabetizing.
- Volunteer - at a school function book fair, picture day, coach a sport, support a program or event, mentor or tutor a student, become a guest speaker, or chaperone a field trip, etc.
- Become a member of the school's PTA/PTO or SAC (School Advisory Council) to let your support your child's school and to let your voice be heard on important issues.
- Visit the Family Engagement page on the PCS website: www.pcsb.org.
- Download the Pinellas County Schools Family Engagement APP on an Iphone or Android phone.
- Listen to your child. You will learn as much from them as they learn from you!

JANUARY PINELLAS COUNTY SCHOOLS - MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School Professional Development Day</p> <p>No School For Students</p>	<p>3 Scrambled Egg, Bacon & Biscuit Featured Entrée: ♦ Meatloaf w/ Gravy & Twisted Rip-Stick ♦ Corn dog Farmer's Salad • Jamwich Kit Choose: Oven Baked Beans Mashed potato w/ Gravy Romaine Side Salad</p>	<p>4 Rich's Cinnamon Roll Choose One: Beef Dippers Over Rice Stuffed Shells Marinara Fruit & Yogurt Plate Ham & Cheese Croissant Choose: Broccoli Sliced Cucumbers</p>	<p>5 Egg & Cheese Breakfast Taco Choose One: Chicken & Dutch Waffle Grilled Cheese Chicken Cobb Salad Chicken Caesar Wrap Choose: Tomato Soup Mixed or Tossed Side Salad</p>	<p>6 Pancake Pup Choose One: Pizza Potato Crusted Fish Sticks & Corn Muffin Loaf Chicken Popper Salad Italian Sub Choose: Green Beans Veggie Dippers</p>
<p>9 Sausage Gravy Bagel Choose One: Max Sticks Teriyaki Chicken Bowl w/ Roll Chef Salad Turkey & Cheese Hoagie Choose: Marinara Cup Stir Fry Vegetables Veggie Dippers</p>	<p>10 Maple Pancake Minis School Favorite Day Choose One BBQ Pork Sandwich Pizza Crunchers Chef Salad Jamwich Kit Choose Tater Tots/veggie Dippers</p>	<p>11 Chicken Biscuit Choose One: Chicken Drumstick w/Hush Puppy Macaroni & Cheese Yogurt Parfait Ham & Cheese Croissant Choose: Sweet Potato Waffles Fries Sliced Cucumbers</p>	<p>12 Apple Cinnamon Texas Toast Choose One: Beef or Pork Tacos Mini Calzones Farmer's Salad Chicken Caesar Wrap Choose: Marinara Cup Refried Fiesta Beans Mixed or Tossed Side Salad</p>	<p>13 Egg & Cheese Croissant Choose One: Pizza Cheesy Fish Filet Sandwich Chicken Caesar Salad Italian Sub Choose: Spinach or Collard Greens Veggie Dippers</p>
<p>16 No School</p> <p>Martin Luther King Day</p>	<p>17 Sausage Biscuit Choose One: Featured Entrée: ♦ Jamaican Beef Patty w/ Plantains ♦ Stromboli: Pepperoni or Turkey Ham & Cheese Farmer's Salad • Jamwich Kit Choose: Sliced Carrots Marinara Cup • Romaine Side Salad</p>	<p>18 Glazed WG Dunker Choose One: Chicken Nuggets Spaghetti & Meatballs or Tex-Mex Beef Ravioli w Roll Hummus Dipper Plate Ham & Cheese Croissant Choose: Broccoli Sliced Cucumbers</p>	<p>19 Bacon ,Egg & Cheese Pizza Choose One: Breakfast for Lunch Giorgio Cheesy Bread Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Deli Roasted Potatoes Mixed or Tossed Side Salad</p>	<p>20 Apple Cinnamon Sausage Stick Choose One: Pizza Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Italian Sub Choose: Oven Baked Beans Veggie Dippers</p>
<p>23 Blueberry Bash Mini Waffles Choose One: Chicken Sandwich Pizza Crunchers Chef Salad Turkey & Cheese Hoagie Choose: Crinkle Oven Fries Veggie Dippers</p>	<p>24 Scrambled Egg, Bacon & Biscuit Choose One: Featured Entrée: ♦ Gilardi Stuffed Crust Cheese Pizza ♦ Corn dog Farmer's Salad Jamwich Kit Choose: Oven Baked Beans Romaine Side Salad</p>	<p>25 Rich's Cinnamon Roll Choose One: Beef Dippers Over Rice Stuffed Shells Marinara Fruit & Yogurt Plate Ham & Cheese Croissant Choose: Broccoli Sliced Cucumbers</p>	<p>26 Egg & Cheese Breakfast Taco Choose One: Chicken & Dutch Waffle Grilled Cheese Chicken Cobb Salad Chicken Caesar Wrap Choose: Tomato Soup Mixed or Tossed Side Salad</p>	<p>27 Pancake Pup Choose One: Pizza Potato Crusted Fish Sticks Corn Muffin Loaf Chicken Popper Salad Italian Sub Choose: Green Beans Veggie Dippers</p>
<p>30 Sausage Gravy Bagel Choose One: Max Sticks Teriyaki Chicken Bowl with Roll Chef Salad Turkey & Cheese Hoagie Choose: Marinara Cup Stir-Fry Vegetables Veggie Dippers</p>	<p>31 Maple Pancake Minis Choose One Hot Dog on Bun Bean & Cheese Burrito Chef Salad Jamwich Kit Choose Oven Fries/ Veggie Dippers</p>	<p>Menus are subject to change. We do our best to provide our customers with all of our planned options, however, occasionally crops, weather & supplies have other ideas</p>		

Thank you for an awesome Spirit Night!
Thank you to our business partners for your hospitality and to our family and friends that came out to support our school!



McDonald's



Dairy Queen



Treasure Island Fun Center



Astro Skate

Seminole Elementary
10950 74th Ave N
Seminole, FL 33772
Phone: (727)547-7668
Fax: (727)547-7668
Web Site:
www.pcsb.org/seminole-es

Nanette Grasso Principal
Reva Faust Assistant Principal

Robert Poth Area III Superintendent,
(727)588-5020

Thank You for Supporting Our School:

We would like to thank:
Authentic Martial Arts
Seminole Chamber of Commerce,
Seminole VFW post 9272,
Barnhorn Financial,
Bay Pines Dunkin Donuts,
The Courtney Apartments Staff,
Scott Strohbar,
St. Anne's Episcopal Church,
First Baptist Church of Indian Rocks
Entemann's Bakery

For all of your generous donations of school supplies!

Thank you for Adopting Our Classes

Dogfish Tackle Co,
Juan LI,
Michael and Sarah Fisher
Servi-Stat LLC
Bayou Family Dental Inc.
Will and Bonnie Lloyd,
Largo Target,
Priority Welding,
The Belcaster Family
Eagle Crest Realty Inc.
Grade Power Learning

THANK YOU BUSINESS PARTNERS FOR OUR REPORT CARD INCENTIVES



Smugglers Cove



McDonald's



Chick-Fil-A



Culver's



Texas Roadhouse



Astro Skate



Buffalo Wild Wings



Splash Harbour



Authentic Martial Arts



Treasure Island Fun Center