

TAFT INTERMEDIATE

CORE VALUE #6- LIVE THE STANDARD, KEEP SHOWING UP

The following students were nominated by their teachers for their outstanding demonstration of ACS's Core Value #6.



UPCOMING DATES:

- 3/2-3/6 Read-a-Thon for Read Across America
- 3/6 Grade Cards Sent Home
- 3/12 Spring Pictures
- 3/20 No School
- 3/30-4/6 Spring Break



Dear Parents/Guardians,

February may have been cold and snowy, but now we look to March with some warmer days ahead. Please encourage your child to dress warm enough to be comfortable during outside recess. March weather can seem like it is trying to warm up, but it still has a chill in the air.

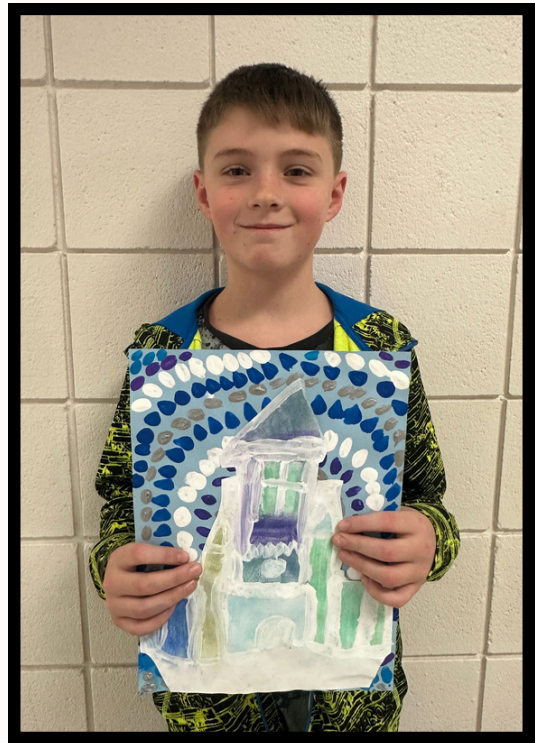
A few important notes and reminders:

- If you drop your child off using the Dollar Tree parking lot, or they walk to school, please keep in mind that we do not open the doors until 8:30. We ask that your child not arrive too early in case there is no crossing guard on duty. In addition, families should not stop on Smith Road to let their child out of the car; please use the Dollar Tree parking lot or the car rider line.
- Students arriving after 8:40 are tardy and must report to the office.
- If your child will be absent or going home a different way, please call the office or send a written note. We ask that you follow this protocol instead of contacting your child's teacher. All transportation changes should be called in by 2:30 p.m.
- During March 2-6, we will have a Read-a-Thon and Read Across America Week. Look for information coming home. On March 2nd, Ohio Author Conrad J. Storad will spend the day at Taft presenting to the students. We are excited to have him visit.
- Lost and Found: If your child is missing a coat or other items, please encourage them to check the Lost and Found. Writing your child's name on items is always helpful.
- OST Testing Dates for Taft Students (2025–2026):
 - April 8: 5th Grade ELA Part 1
 - April 9: 5th Grade ELA Part 2
 - April 10: 4th Grade ELA Part 1
 - April 14: 4th Grade ELA Part 2
 - April 16: 5th Grade Science Part 1
 - April 17: 5th Grade Science Part 2
 - April 21: 5th Grade Math Part 1
 - April 22: 4th Grade Math Part 1
 - April 23: 5th Grade Math Part 2
 - April 24: 4th Grade Math Part 2

Warmly,
Mrs. Hartzler

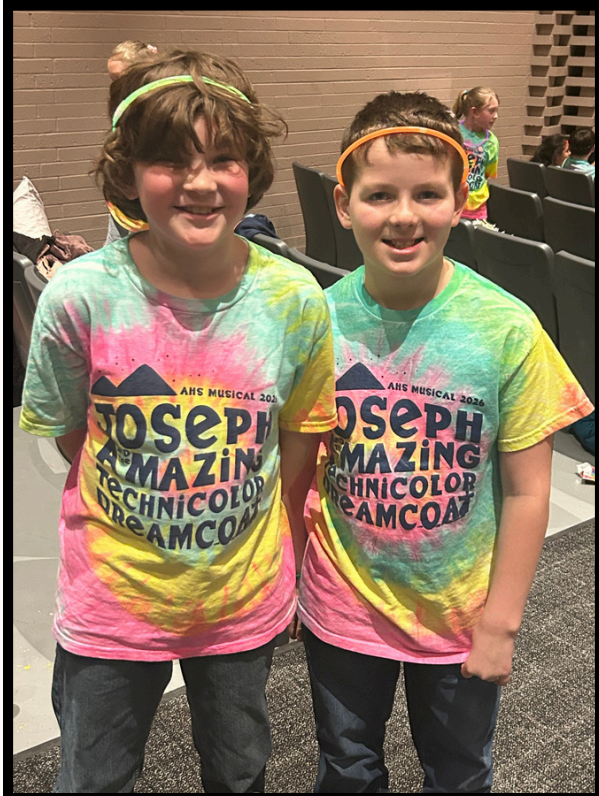
Taft's 4th Grade Artists of the Month

Ryden is Taft's February Artist of the month. Ryden was nominated for his hard work on art outside of the classroom. Every time Ryden has an extra moment in art class he goes the extra mile by creating his own project ideas. Ryden is a great student and is always focusing on making his art better. Ryden is a wonderful artist at Taft.



Margot is Taft's February Artist of the month. Margot is nominated for her great attitude in art class. Margot is always making very purposeful artistic decisions. Margot takes her art seriously and is always finding ways to be creative and unique. Margot is a great artist!

Taft Choir and the Ashland High School Musical



In February, several of the Taft Choir students had an amazing opportunity to be a part of the Ashland High School Musical. The students and Mrs. Cehulik dedicated so much time to practice and made these performances remarkable.

THE COUNSELORS' CORNER

There is no shortage of stress and anxiety in our modern world. Current statistics show that approximately 1 in 5 people in the United States suffer from an anxiety disorder (National Institutes of Health).

It can be challenging to understand if what we're dealing with is stress or anxiety. Both stress and anxiety can affect our minds and bodies in similar ways, so it's not always easy to tell what we're dealing with at the moment. The infographic below details some of the differences between stress and anxiety. The counselors are available to provide referrals to local mental health providers for students and families. Please reach out to us via email or phone (see below).

Mrs. Ellis (jeellis@goarrows.org; 419-289-4556)
Mr. Lilley (telilley@goarrows.org; 419-4555)



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

- Both stress and anxiety can affect your mind and body. You may experience symptoms such as:
- Excessive worry
 - Uneasiness
 - Tension
 - Headaches or body pain
 - High blood pressure
 - Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
 - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



nimh.nih.gov/stressand anxiety

COME JOIN



Who Can Apply:

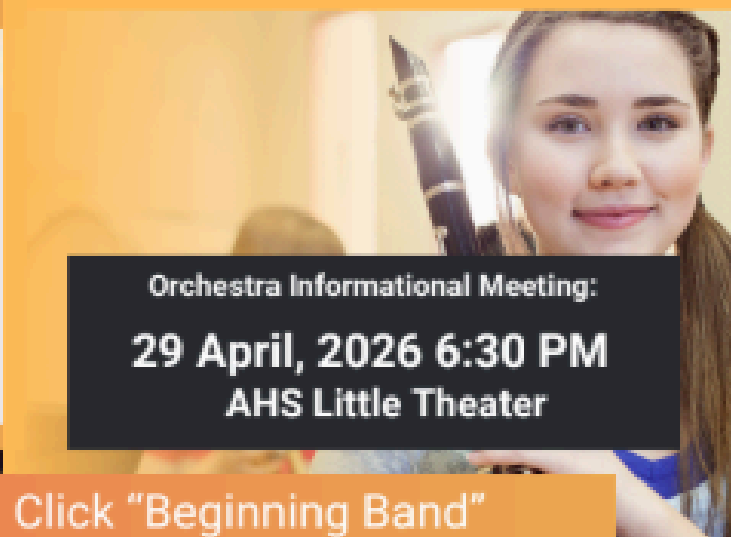
- Any Student Entering into the 5th grade at Taft Intermediate! No experience required.

Benefits:

- Learn how to play an instrument and share music with friends and family
- Be a part of one of Ashland City Schools' largest student organizations
- Make new friends
- Express your creativity
- Improve focus and memory
- Develop teamwork and leadership skills
- Improve test scores
- Higher achievement in reading and math
- Scholarship opportunities
- Make lasting memories

Why Choose Music at ACS:

- Ashland City Schools has a long history of music, dating back at least a century
- the Ashland Visual and Performing Arts offer a variety of performances, talks with clinicians and professionals, trips (Cedar Point, Disney, Nashville) and more for you to participate in while a student in music at ACS



Orchestra Informational Meeting:
29 April, 2026 6:30 PM
AHS Little Theater

www.ashlandbands.org Click "Beginning Band"