Mission Ready...That’s the Pointe!

Volume 9, Issue 8

10680 ACADEMIC WAY, PORT ST LUCIE, FL 34987
(772) 345-3245 (772) 345-3250 Fax
Website: http://www.palmpointe.fau.edu

Office Hours
Monday - Friday 8:00 – 4:45
School Hours 9:40 – 4:10

Supervision
There is no supervision before 9:20 each day. Please allow your children to remain in your car until this time.

Principal’s Corner
Dear Palm Pointe Families,
Thank you for your continuous support of Palm Pointe. We are proud of our excellent staff, wonderful students and supportive parents. Just a reminder that our testing season has begun and will continue until May 16th. We appreciate all that you do from home to support your child during this time. We also appreciate your promptness and attendance on your child’s testing days. We have no doubt that our rockets will continue to soar!

Very soon you will see a new fence that will completely enclose our entire campus. At this time, our campus is enclosed with the exception of the P.E. area and back fields. Our TCUS board approved the additional fence and Tradition has approved the installation. We are pleased to be providing additional fencing around the entire perimeter of our school property.

Kathleen Perez, Principal

FSA Testing
The 2017 testing schedule began with the Writing Florida Standards Assessment (FSA) in March, along with our third grade students taking the paper based FSA ELA exam. April is a busy month for testing. Please remind your child about how much he/she has prepared all year long and how proud you are of his/her hard work!

2017 Testing Schedule

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Grade</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing FSA</td>
<td>Gr 3</td>
<td>March 28th &amp; 29th, 2 sessions-PBT</td>
</tr>
<tr>
<td>Writing FSA</td>
<td>Gr 4</td>
<td>April 12th &amp; 13th, 2 sessions-CBT</td>
</tr>
<tr>
<td>Writing FSA</td>
<td>Gr 5</td>
<td>April 10th &amp; 11th, 2 sessions-CBT</td>
</tr>
<tr>
<td>Writing FSA</td>
<td>Gr 6</td>
<td>April 19th, 20th, 21st, 3 sessions-CBT in 2 days</td>
</tr>
<tr>
<td>Writing FSA</td>
<td>Gr 7</td>
<td>April 24th, 25th, 26th, 3 sessions-CBT in 2 days</td>
</tr>
<tr>
<td>Writing FSA</td>
<td>Gr 8</td>
<td>April 17th &amp; 18th, 2 sessions-CBT</td>
</tr>
</tbody>
</table>

Math

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Grade</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Math FSA</td>
<td>Gr 3</td>
<td>April 17th &amp; 18th, 2 sessions-CBT</td>
</tr>
<tr>
<td>Math FSA</td>
<td>Gr 4</td>
<td>April 19th &amp; 20th, 2 sessions-CBT</td>
</tr>
<tr>
<td>Math FSA</td>
<td>Gr 5</td>
<td>April 21st &amp; 24th, 2 sessions-CBT</td>
</tr>
<tr>
<td>Math FSA</td>
<td>Gr 6</td>
<td>April 19th, 20th, 21st, 3 sessions-CBT in 2 days</td>
</tr>
<tr>
<td>Math FSA</td>
<td>Gr 7</td>
<td>April 24th, 25th, 26th, 3 sessions-CBT in 2 days</td>
</tr>
<tr>
<td>Math FSA</td>
<td>Gr 8</td>
<td>April 25th, 26th, 27th, 3 sessions-CBT in 2 days</td>
</tr>
</tbody>
</table>

Other

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Grade</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science FSA</td>
<td>Gr 5</td>
<td>Science-May 2nd &amp; 3rd, 2 sessions-PBT</td>
</tr>
<tr>
<td>Science FSA</td>
<td>Gr 6</td>
<td>Science-May 2nd &amp; 3rd, 2 sessions-PBT</td>
</tr>
<tr>
<td>Science FSA</td>
<td>Gr 7</td>
<td>Science-May 2nd, PBT 2 sessions in one day</td>
</tr>
<tr>
<td>Science FSA</td>
<td>Gr 8</td>
<td>Science-May 2nd, Algebra-May 8th &amp; 9th, 2 sessions-CBT</td>
</tr>
</tbody>
</table>

PBT- Paper-Based Test, CBT- Computer-Based Test

Growth Mindset in the Testing Season:
Lower Anxiety by Boosting Encouragement

For many students, ‘testing season’ can evoke increased feelings of stress and anxiety. Although they have prepared throughout the year, and taken extra time to review in the weeks leading up to the exams, it is not unusual for students to worry about their test performance, or start doubting their own abilities. An article published by USNews suggests that students of all ages can combat test anxiety by following these five principles:

1. **Breathe:** When anxiety starts to build, close your eyes and take several slow, deep breaths. This can refocus the mind and relax the muscles, not to mention boost oxygen levels which rejuvenates the whole body!

2. **Set Aside Time for Yourself:** Preparation is important (see number 5), but so is relaxation. Be sure that students have time to spend with family and friends, enjoy hobbies, play outside, etc., so their minds get a chance to rest.

3. **Exercise:** Many studies have shown that physical activity can reduce stress and activate endorphins.

4. **Sleep:** The most common piece of advice given before testing days is “make sure kids get a good night’s sleep and a big breakfast.” A full night of rest before any exam is critical for preparing the mind for the challenges ahead.

5. **Take Control of Your Preparation:** While it is difficult to study for ‘high-stakes’ exams, students may wish to look over class notes, old assignments, or any study materials in the weeks leading up to the big event. It is recommended that students make a study schedule so they can move their learning into permanent memory, rather than cramming in the last moments.

From a growth mindset perspective, we know that encouraging effort can have a greater positive impact on performance than praising ‘perfection.’ Students who feel pressured to achieve a certain score, or who feel discouraged when they believe they’ve made a mistake may be more susceptible to testing anxiety. So how can you help at home? Continue encouraging your children to develop positive self-talk, otherwise known as the “I can” attitude. When faced with a difficult question or problem, an anxious inner voice might think, “This is too hard… I can’t do it!” Instead, students who practice positive self-talk might think, “This is difficult, but I can try my best,” or, “I’m not sure what this answer is… I can use what I know to make my best guess, or come back to it and try again.” Positive self-talk is like an inner coach who is always there to cheer you on. This type of thinking takes practice, but can be very powerful in overcoming the mental block that sometimes accompanies testing anxiety. Parents can help by using positive talk when speaking about effort. Rather than focusing on a certain score, give kids permission to do the very best that they can… can we really ask for more?

Citizen of the Month

Congratulations to our March recipients!

**Kindergarten:** Agostina Censabella, Janelle Flores, Kieran Dodson, Eviana Chavez, Annabeth Lewis, Madison Middlebrook, Michael Pisano, Conor Disavino

**First Grade:** Jace Tannehill, Ethan Forschner, Sophia Rooney, Dylan Hutchinson, Davi Siqueira, Stella French, Nash Barcelona, Ser’Jameson Palmer, Logan Tavares, Zahir Thomas, Nicholas Orenzo

**Second Grade:** Mia Campanella, Aubrey Genereux, Aiden Bloomfield, Brooke Massman, William Gilson, Aidan Gluck, Aaron Dippolito, Jamy De Campo, Madison Van Gough, Ryssa Peters, Calie Berrios

**Third Grade:** Brianna Crockett, Collin Barnhart, Aidohan Kelly, Zoey Lockett, Naiya Pierre Louis, Jovani Gutierrez, Lillian Heelan, Clayton McMichael, A’darion Hall

**Fourth Grade:** Jessica Perrott, Lauren Hadley, Andrew Madrid, Madeleine Crockett, Nicholas Friman, Olivia Donnelly, Brenda Rooney, Cooper Brooks

**Fifth Grade:** Ella Allen, Karla Hawbitzler, Taylor Cook, Monique Nibbs, Amy Del Campo, Dominick Brown, Nicholas Devito, Nikko Lopez

**Sixth Grade:** Lia Mihajlovski, Gia Villasana, Kristen Doig, Jessica Jean Baptiste, Treyvon King, Payton O’Berry, Nikki Lipeiri, Michael Brown, Tyler Green

**Seventh Grade:** Andon Gelety, Jasmine Adams, Marcus Lima, Victoria Sierra, Sebastian Paez-Aguirre, Sebastian Rodriguez, Brandon Ramos, Elijah Lindsey, Logan Poschmann, Kaden Stratton, Christian Alvarez-Quirago, Cassandra Isaac

**Eighth Grade:** David Templeton, Cameron Stott, Lindsay Yust, Bobby Thompson, Matthew Figgiani, Gabriella Lawrence, David Dias, Hector Pena, Faizah Raz, Tailyn Sivers, Nadia Mihajlovski

The Orbiter
Thank you to our families who came out to Five Guys Burgers & Fries. Everyone had a great time. The PTO provided equipment to our intramural sports teams. We also contributed to FSA snack support. The Happy Camper Book Fair has begun. If you are able to assist, contact Elsie.Garber@stlucieschools.org.

**Title 1 Parent Involvement/Parent Satisfaction Survey: 3/31-4/11**

As part of Title 1, Palm Pointe must conduct an annual assessment of parental involvement. To accomplish this, we are asking that parents/guardians complete one survey per family (either in hard copy form or online, through a link on the PPE home page, http://www.palmpointe.fau.edu/), as well as one half sheet letter per family, listing all of their children’s names, grades, and homeroom teachers. Each student will receive the half sheet letter and survey on Friday, March 31st and the survey window will remain open until Tuesday, April 11th.

Students who return their surveys/half sheets no later than Tuesday, April 11th will receive a free dress code pass. Students in 4th and 7th grade will redeem theirs on Monday, April 17th; students in all other grades will have their day on Thursday, April 13th. Please have students turn in their completed surveys/half sheets to their teacher. We value our families’ input! Thank you!

Please have your child check the Lost & Found boxes located on the stage in the auditoria if they are missing any items.

---

**PTO News**

**End of Year Events**

Mark your calendars now for some end-of-year events!

8th Grade Graduation - May 31st

Kindergarten Pinning Ceremony - May 30th

*Grade 5 will have an End of Elementary Class Celebration for the students in lieu of a formal ceremony. Details to follow…

**Homeless Education**

If, due to a loss of housing, you must live in a shelter, motel, vehicle, or campground; on the street; in abandoned buildings; or doubled-up with relatives or friends; then you are eligible to receive services provided under the McKinney-Vento Act. If you need assistance or additional information, please contact Mrs. Kuba at (772) 345-3245 or summer.kuba@stlucieschools.org.

**ESF Parent Survey**

The 2016-17 FLDOE ESF Parent Survey is open from 2/1/2017-5/31/2017. You will receive a paper copy of the survey sent home via your student (check backpacks) or you can go to www.esesurvey.com to complete your survey. Your input is valued.

Students may wear any PPE T-Shirt on Spirit Day, which is every Friday. Spirit Shirts are available for $10.00

---

**APRIL 2017**

Please have your child check the Lost & Found boxes located on the stage in the auditoria if they are missing any items.

---

**PTO News**

---

**End of Year Events**

---

**Homeless Education**

---

**ESF Parent Survey**

---

Students may wear any PPE T-Shirt on Spirit Day, which is every Friday. Spirit Shirts are available for $10.00

---

**APRIL 2017**

---

**PTO News**

---

**End of Year Events**

---

**Homeless Education**

---

**ESF Parent Survey**

---

Students may wear any PPE T-Shirt on Spirit Day, which is every Friday. Spirit Shirts are available for $10.00

---

**APRIL 2017**

---

**PTO News**

---

**End of Year Events**

---

**Homeless Education**

---

**ESF Parent Survey**

---

Students may wear any PPE T-Shirt on Spirit Day, which is every Friday. Spirit Shirts are available for $10.00