

Osceola Elementary School

Brian McElhone
Principal on Assignment

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Lucie Cantrell
Assistant Principal

Paw Prints

4/11/2022



April 15th-18th No School Student/Teacher Holiday

Battling Test Anxiety

Test anxiety can show in ways from headaches and shortness of breath to crying or lack of concentration. It can affect students physically, emotionally, behaviorally, and mentally.

Here are a few techniques to help conquer test anxiety:

Controlled breathing exercises-inhale for a four count, hold for five, exhale for another four counts, and, if needed, do it again. Other breathing techniques are blowing bubbles or using musical instruments.

Laughter-telling jokes or getting students to laugh

Exercise- walking, stretching

Positive self-talk- crush the cant's

Parental/family support plays an integral part in reducing test anxiety.

- Encourage a good night's rest and eat healthy
- Giving positive affirmations
- Talking openly and honestly about the test
- Ensuring the student is prepared

Upcoming FSA Dates:

Date	Test	Grade Levels
May 2-3	FSA ELA	4/5
May 9-10	FSA Math	3/4/5
May 16-17	FSA Science	5

General Test Taking Strategies

- Get a good night's sleep (at least 8 hours).
- Avoid caffeine and sugar; they'll make you jittery.
- Eat a good breakfast.
- Wear comfy clothes.
- Read/listen to directions very carefully. Ask questions if you're confused about something.
- If you get stuck, just mark the question and move on. Come back to it when you've finished the easy questions.



Extended Day 2022-2023

Registration for Extended Day is open! Space is limited. Please visit OES website for forms. Registration is not completed until payment is attached with the form. Please see new rates.

Morning Care
1 Child – \$125.00
2 Children – \$190.00
3 Children – \$255.00

After School Care
1 Child – \$225.00
2 Children – \$340.00
3 Children – \$455.00

Both Before & After School Care
1 Child – \$300.00
2 Children – \$450.00
3 Children – \$600.00

Field Day



Field Day is right around the corner, and we need volunteers to help with this fun event!! The dates are Thursday, May 12th and Friday, May 13th, Thursday, May 19th and Friday, May 20th. We will need help from 8:30-2:30 each day. We welcome any and all assistance, even if you are only available for a portion of a day. Contact Coach Marcusky at angela.marcusky@stjohns.k12.fl.us with any questions or to sign up for a date and time.



Birthday/ Holiday Celebrations



OES food policy is **ONLY STORE BOUGHT FOOD WITH AN INGREDIENTS LABEL ON THE PACKAGE** will be allowed. This is regarding class parties/birthday treats/celebrations/class treats/sharing of food. Food being brought into school will still need to be pre-approved by the teacher and as always, we encourage healthy snacks. **ALL FOOD MUST BE INDIVIDUALLY PRE-PACKAGED AND CANNOT BE HOMEMADE.** Examples can be Rice Krispie treats, Ice pops and Little Debbie cakes. **Nonfood items are preferred.**

BALLOONS ARE NOT PERMITTED ON CAMPUS.

Upcoming Events



April 14th: Spring Social – 3rd, 4th & 5th grade

3:00-4:30

April 15th: No School – Student/Teacher Holiday

April 18th: No School – Student/Teacher Holiday

April 20th: Early Release Wednesday

April 23rd: PTO Pretzel Lady Spirit Night – All Day

April 26th: Interims Issued

April 27th: Early Release Wednesday

May 19th- 27th: Book Fair



ALL Meals are served with choice of:
HOT VEGETABLE or ASSORTED FRESH VEGGIE
ASSORTED FRESH FRUITS
MILK

4/11/22 Monday CHICKEN NUGGETS /
 4/12/22 Tuesday HOT DOGS / CHZ STIX/
 4/13/22 Wednesday CHICKEN SANDWICHES
 4/14/22 Thursday CHZ PIZZA
 4/15/22 Friday 😊 NO SCHOOL 😊

Cool Boxes served as an option daily



We have many jackets and sweaters in the Lost & Found without names on them. Please help us by labeling all your student's belongings as well as asking your student to stop by the Lost & Found to check and see if any of these items belong to them.

Volunteers and Visitors

The School Board has allowed for volunteers and visitors to return to campus beginning **March 28, 2022**. Please be sure you have been cleared to be on campus.

<https://www.stjohns.k12.fl.us/volunteer/>

They also moved the capacity for indoor events to 100% from 75% beginning **March 28, 2022**.



If your child would like to buy a Smencil, please send the money in to the teacher in an envelope labeled Smencils with your child name. Smencils cost \$1.00.