

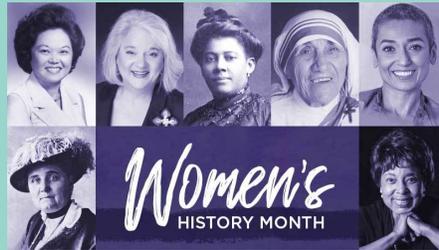


FROM THE PRINCIPALS DESK

Many times parents (and guardians) are asked by teachers, "What can they do at home to help their child be successful at school?" My answer is quite simple, "Get involved in what is taking place in your child's classroom and school community." You must share a passion for thinking, learning and being curious about the world we live in. Allow your child to see this infectious spirit to learn and question more about our world. Read with your child every day. Before, during, and after the reading, praise your child, direct a discussion about the story, ask questions, visualize the story, offer information, share personal reactions, and relate the story to life experiences. Most of all enjoy the story together and let your child see that reading is fun. Cherish this special time together!

As we end February, which was "Black History Month," March gives us "Women's History Month," which is an annual declared month that highlights the contributions of women to events in history and contemporary society. The United States has observed it annually throughout the month of March since 1987. Please share with our children famous women that they may not recognize as icons in American and world history like Nefertiti, Cleopatra, Nzingha, Loiza Aldea, Elizabeth I, Elizabeth Cady Stanton, Lucretia Mott, Susan B. Anthony, Sojourner Truth, Shirley Chisholm, Geraldine Ferraro, Sandra Day O'Conner, Mae Jemison, Sally Ride, Sonia Sotomayor, Mary McLeod Bethune, Hillary Rodham Clinton, Michelle Obama, Eleanor

Roosevelt, Margaret Thatcher, Oprah Winfrey, Emma Lazarus, Gabby Douglass, Gabrielle Giffords, Angela Merkel, Indira Gandhi, Madame C.J. Walker, C. Virginia Fields, Betsy Ross, Molly Pritchard, Ruby Dee, Maya Angelou, Harriet Tubman, Toni Morrison, Nikki Giovanni, Sandra Cisneros, Julia Alvarez, Celia Cruz, Antonia Novella, Dolores Huerta, Marie Curie, Winnie Mandela, Elizabeth Blackwell, Misty Copeland and the Mirabel Sisters.



At the beginning of this school year we set out to increase our attendance rate to be over 90%. We started Azella testing the end of February, and will end the first week in March. We are not getting students ready for the AzMerit test in April. Please keep in mind that it is very important that your child be at school every day during testing, as well as on time. As a reminder, instruction starts at 8:00 a.m. Any time after 8:00 a.m. is considered late.

It is with great sadness that I report that we are not meeting our goal as a school with tardiness. We continue to share with families that poor attendance and lateness negatively impacts a student's performance in class. Parents, let's get our kids to school on time.

Mrs. C. Stallworth

UPCOMING EVENTS-

March 2 - Read Across America Day
 March 2 - Triple P Parenting Workshop
 March 5- Student of the Month Assembly
 March 9-13 - Spring Break
 March 16 - Triple P Parenting Workshop
 March 17th - Parenting Workshop

March 23 - Triple P Parenting Workshop
 March 26 - Coffee with the Principal
 March 27 - Student of the Month Assembly
 March 30 - Cesar Chavez Day
 PTO Snack Sale is held every Thursday by the library

TRIPLE P WORKSHOP

The Triple P – Positive Parenting Program ® is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Triple P draws on social learning, cognitive behavioral and developmental theory as well as research into risk factors associated with the development of social and behavioral problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

And while it is almost universally successful in improving behavioral problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds. There are also specialist programs – for parents of children with a disability (Stepping Stones), for parents going through separation or divorce (Family Transitions), for parents of children who are overweight (Lifestyle) and for Indigenous parents (Indigenous). Other specialist programs are being trialed or are in development.

Classes beginning March 2nd at 8:30 am in room 8

Classes run for six week for two hours each week.

Participants attending every week will receive a gift certificate.

Class size is limited to 16 individuals so sign up now with the parent educator.

Erica Carrera
ecarreracoronado@isaacschools.org
P.T. Coe 602-442-2400

AFTER SCHOOL SPOTLIGHT

NOTICE OF INTENT TO SUBMIT AN APPLICATION FOR THE 2020-2021 21ST CENTURY COMMUNITY LEARNING CENTERS GRANT



The Isaac School District is providing a public notice to the community and stakeholders of its intent to submit an application for the 2020-2021 21st Century Community Learning Centers (CCLC) After-School Programs grant for P.T. Coe Elementary School.

The 21st CCLC program provides federal funding to establish or expand community learning centers. These centers provide students with opportunities for academic enrichment, youth development, and family support during periods when school is not in session.

The main goal of the 21st CCLC program is to provide students with academic enrichment opportunities and support services to help them meet state and local standards in the core content areas.

Upon completion, the district will post the grant application to its website for public review. In addition, the school will maintain a copy of the grant application on file for stakeholder review.

FROM THE HEALTH DESK

Good personal hygiene habits include:

- washing the body often. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water
- If this happens, a swim or a wash all over the body with a wet sponge or cloth will do
- cleaning the teeth at least once a day. Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed
- washing the hair with soap or shampoo at least once a week
- washing hands with soap after going to the toilet
- washing hands with soap before preparing and/or eating food. During normal daily activities, such as working and playing, disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing food or eating, they may get onto the food
- changing into clean clothes. Dirty clothes should be washed with laundry soap before wearing them again
- hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites
- turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing. If this is not done, droplets of liquid containing germs from the nose and mouth will be spread in the air and other people can breathe them in, or the droplets can get onto food

HELPING AT HOME

Test Preparation Tips

The following are proven strategies that have helped many students improve test scores and prepare more effectively for exams.

Don't Procrastinate. Don't Cram.

It seems like some students thrive on last-minute 'cramming'. But most experts will agree, cramming isn't effective. The biggest problem with cramming, according to UCLA professor of psychiatry Andrew Fuligni, is that cramming causes students to sacrifice sleep time in order to study. While it's not possible to perform well on a test without the required knowledge, sleep is critical for academic success. Sacrificing sleep for an additional 3 or 4 hours of study is often counterproductive.

One of the most important test preparation tips we can give you is to give yourself enough time to study. Don't procrastinate! It's best to begin preparing long before the day of a test. Make it a habit to complete reading assignments on time and frequently review lecture notes. If you're preparing for mid-term or final exams, you'll want to organize your time so you can dedicate more time to those exams that are more important or are going to be more demanding.

Plan Your Study Time

Make time for studying. Setting aside regular time to study is critical for achieving high test performance. We recommend preparing a term calendar, weekly schedule and daily schedule that includes regular study sessions. It's so easy for work and other activities to quickly take precedence over studying, so plan your study time in advance. As you progress through the term it's okay to amend your study schedule to meet your needs, but make sure you plan study sessions in advance – and that you stick with them.

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COUNSELOR'S CORNER

The Student with Depression

Depression is a common mental health problem that varies in severity and duration. In its less serious form, depression is a temporary reaction to loss, stress, or life challenges. It can be alleviated through the passage of time and/or the natural healing effects of social support, daily routines, and simple coping strategies like distraction and exercise. Severe or chronic depression usually requires professional help.

Symptoms of depression include:

- feelings of emptiness, hopelessness, helplessness, and worthlessness
- a deep sense of sadness
- an inability to experience pleasure
- irregular eating and sleeping
- difficulties with concentration, memory, and decision-making

Sometimes depression includes irritation, anxiety, and anger. In its most serious form, depression can be accompanied by self-destructive thoughts and intentions as a way to escape from the emotional pain.

Research shows that depression is highly responsive to both psychotherapy and medication.

What to Do:

- Talk to the student in private.
- Listen carefully and validate the student's feelings and experiences.
- Be supportive and express your concern about the situation.
- Ask the student if he/she has thoughts of suicide.
- Discuss clearly and concisely an action plan, such as having the student immediately call for a counseling appointment.
- Refer the student to the school counselor
- Be willing to consider or offer accommodations (e.g., extension on a paper or exam), if appropriate, as a way to alleviate stress and instill hope.

Avoid

- Ignoring the student.
- Downplaying the situation.
- Arguing with the student or disputing that the student is feeling depressed.
- Providing too much information for the student to process.
- Expecting the student to stop feeling depressed without intervention.
- Assuming the family knows about the student's depression.



STAY INFORMED

3801 W Roanoke Ave,
Phoenix, AZ 85009
Phone: (602) 442-2400



Mond: Tuesday, Wednesday, Friday:
7:50 am-3:00 pm
7:50 - 1st Bell
7:57 - Warning Bell
8:00 - Late bell, Announcements
8:10 - Start Instruction
3:00 - Dismissal
Early Release Thursdays:
7:50am-1:10pm

HELPING AT HOME

Watch for Clues

Almost every teacher has a methodology for preparing test questions – and they tend to use the same methodology each time they prepare a test. Watch for clues your teacher might provide about possible test questions and formats. It is also advisable to participate at test review sessions and ask questions about unclear concepts. Never be ashamed to ask questions.

Ask Your Teacher for Direction

We'd even suggest asking your teacher directly the best way to study for the test. Many teachers are open to sharing with students suggestions, even secrets, as to how best prepare for their exams. Don't be scared to ask your teacher about what subjects or topics you will be tested on during the exam – even what types of questions to might see.

Arrive Early on Test Day

The more you can glean before a test the better off you'll be. I still remember showing up for class early on the day of my AP History exam in high school. My teacher, Mr. Farr, was answering a question asked to him by another student seeking some clarification on test subject matter. Whether advertently or inadvertently I'll never know but he said to this student, "Don't stress about that. Very little of the test covers that material." Knowing that allowed me to focus my remaining 30 minutes of study on subject matter that was going to be more likely to be on the exam.

It's also common for students struggling with difficult concepts or subject matter to show up early on test day to seek additional clarification or understanding from the teacher or instructor. This is an excellent opportunity to gain additional understanding and test preparation.

Show up to class early on test day, in case the teacher provides any additional tips, instruction or insight.

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Prepare an Outline

Prepare an outline of the main topics and concepts that will be covered during an exam, then use this sheet to study. This will help you memorize key facts and other information you will be tested on.

Use Visual Aids

Visual aids, including chart, diagrams and graphs are great study helps – especially if you're a visual learner. Organizing information into diagrams and charts helps to condense and simplify information and improves recall at test time.

Stay Healthy

Getting plenty of rest and exercising regularly will enhance your ability to perform well on a test. Eat a nutritious meal prior to taking a test to be alert and focused. Stay away from junk food. Eating junk food or sugar prior to a test will cause your energy levels to deplete quickly and can impact your ability to focus.

Get Plenty of Sleep

It is unwise to stay up all night studying prior to test day. Get plenty of sleep the night before a test. Although spending extra time preparing seems like it will improve your score, you never want to show up to a test tired. Studies show that student who spend more time upfront studying and less time cramming the night before typically perform better on tests.