

# SPRING

It's here! Spring has definitely sprung here in Florida. The weather is beautiful, the water is warming up, and we are well underway into our 'testing' season. It was great to see the Cub's working so hard on their first round of the Florida Standard Assessments (FSA). As we work toward completing the rest of the FSA's, keep in mind how important a good night sleep and a good breakfast are to successful testing. If you notice any test anxiety in your child, there are some great ways to help them relax such as: practicing thinking positive thoughts, using calming breathing techniques, and applying good test-taking skills. Talking with you child about these things can be helpful in reducing test related stress.

As test prep and testing have begun, counseling lesson schedules for each classroom have adjusted. We have practiced a few "good test-taking skills" in class for 3-5<sup>th</sup> graders and continued with Safer, Smarter Kids in K-2.

I'm excited to announce our upcoming On-Track (3<sup>rd</sup> Quarter) party, and our All A's/E's water party coming in April. Watch for notices to come home in the next 2 weeks for more information.

Finally, does your child have an outstanding talent they'd like to share at Cypress? We will be hosting, "Cypress Has Talent" on May 5<sup>th</sup>. This is a great opportunity for our Cubs to share their talent in areas such as signing, dancing, karate, drama, etc. Again, watch for more information to come home as auditions will begin soon.

Make April Amazing,

Amy Allen, School Counselor

