



## Mrs. Flowers' Class Newsletter March 2018

### Calendar of Events

- March 1st: Math Field Day
- March 2nd: Read Across America Day
- March 3rd: BBQ Bash (Spanish Springs)
- March 6th: Buffalo Pride Break-out sessions  
6:00-8:00 (VHS)
- March 8th: Adopt a kid, adopt a vet program
- March 13th: FSA Writing Test
- March 14th: 3<sup>rd</sup> Nine Weeks Ends
- March 16th: No School
- March 19th – 23rd: Spring Break
- March 29th: Florida Museum of Natural  
History field trip
- March 30th: Report Cards Go Home



### FSA Information

For more information on the Florida Standards and Accountability, please visit:  
<http://www.fldoe.org/accountability/assessments/k-12-student-assessment/fsa.shtml>

- FSA Portal provides resources for students and parents:
  - FSA Fact Sheet (overview)
  - Training Tests
  - ELA text-based writing rubrics (defines how points are given)
  - Test Item Specifications (define the content and format of the assessment and test items for each grade level and subject.)
  - Frequently Asked Questions (FAQ)

This is a good site for practice with the standards:  
[www.ixl.com](http://www.ixl.com)

This is a good site for practice in Math Standards:  
[www.mathscore.com](http://www.mathscore.com) or [www.adaptedmind.com](http://www.adaptedmind.com)

### What can you do to prepare your child for success?

- The weekend before any testing, make sure your child keeps his/her normal sleeping schedule. Your child should be getting between 10-12 hours of sleep nightly.
- Make sure your child eats a healthy diet. This ensures top peak performance.
  - Limit sugars (juices, candy, sugary snacks)
  - Plenty of water (stay away from sodas and sugary juices)
  - Protein (eggs, meat, energy bars)
  - Calcium (milk products)
  - Whole Grains
- Low stress environment

Thank you for all of your encouragement at home and thank you for the privilege of teaching your child.



I hope you all have a safe and happy Spring Break!

Love,  
Mrs. Flowers

