

Bartram Springs Elementary Newsletter

14799 Bartram Springs Parkway, Jacksonville, FL 32258

<http://www.duvalschoolsorg/bartramsprings>

Principal: Kim Wright

Asst. Principals: Cynthia Bartley, Rebecca Durkin

April 9, 2021

Issue 8



News from the BSE Administration Team

Dear Parents,

We hope everyone had a wonderful Easter holiday! As we move into the final 9 weeks of the school year, our students will be completing end of the year assessments. The Florida Standards Assessments (FSA) will be administered to all students in grades 3 - 5. Our K - 3 students will be taking their end of the year assessments for iReady, 3 - 5 students will also have final diagnostics in Achieve and our 4th and 5th grade students will have end of the year diagnostics in Freckle. Please do your best to have your child at school on the testing days. If you have any questions, please contact your child's teacher.

As a reminder, if your child is a car rider in the morning, they must remain in the car until their temperature has been checked. We appreciate your cooperation!

Dates to Remember:

April 6 - 7

FSA Reading - 3rd grade

April 8

FSA Writing - 4th & 5th grade

April 20

SAC 6:00 pm

April 28

Wellness Wednesday

May 3 - 4

FSA Reading - 4th & 5th grade

May 5 - 6

FSA Math - 3rd - 5th grade

May 12 - 13

FSA Science - 5th grade

May 18

SAC 6:00 pm

May 26

Wellness Wednesday

May 31

Memorial Day - NO SCHOOL

June 3

Last day of school!



EARTH DAY is April 22nd! One of the simplest ways for a healthier environment-REDUCE PLASTIC! We challenge your family to consider options like cloth grocery bags and metal straws. What are some other ways you can make our world a better place?

Kids Heart Challenge



American Heart Association®

Special thanks to all of our students that participated in the Kids Heart Challenge fundraiser. Our students raised \$4,785 for the American Heart Association. Congratulations to our top fundraiser students: Roman G., Colton P., and Davin D.!!

Art News

Elementary Art Exhibitions are up around Jacksonville!



Elementary Art Exhibitions went up on Monday, March 22 at 14 library locations around Jacksonville, celebrating the incredible works by our youngest artists! Stay tuned for more information regarding a Virtual Art Show!

Counselor's Corner

Does Your Child have Test Anxiety? If so, here are some helpful tips!

Does your grade-schooler get overly stressed on test days? Not all stress is bad. [Good stress](#) pumps us up and can help us perform well. But too much stress can give way to [anxiety](#) and fear that get in the way of kids showing what they know. If you are noticing test anxiety, try these tips to help your child feel more at ease with test taking.

Ask your child what is making him feel nervous. Help your child pinpoint what is causing the anxiety. Is it that multiplication is too hard? Is filling in the bubbles on the test sheet the hard part? Often just saying what is happening out loud can bring some relief.

Give your child a sneak peek at test formats. Knowing what to expect can take away some of your child's fear of the unknown on quiz or test day. Check in with your child's teacher about the schedule and format for both short quizzes and longer tests.

Prepare your child little by little. Studying in chunks can help make the task more manageable—and that could help make your child less nervous. Once you know when your child's tests will be, work backwards to schedule daily study times. Say your first grader has a 20-word spelling test every Friday. You can study 10 new words on Monday. On Tuesday, you can study the other 10 new words. Then review all 20 words on Wednesday, Thursday, and Friday before school.

Find study methods that are comfortable. Your child's learning strengths can help you figure out how he or she feels comfortable studying. Your child may like using flashcards. Or maybe prefers moving around while he or she recites facts. Work with your child to come up with a study method that feels right for them.

Give your child some basic strategies. Some kids may have test anxiety because they do not understand the basics of taking tests. Going over simple strategies can help. Remind your child to first read through the questions carefully. Next, they can think, "What am I being asked to do here? Circle an answer? Write a paragraph?" Last, always check the answers before handing in the test. You can also talk about strategies for tricky questions. For instance, tell your child it is OK to skip a tough question and move on to an easier one. He or she can go back to it later.

Boost your child's confidence. Giving honest and specific praise can remind your child that he or she can have success no matter what the outcome of the test is. Success does not have to mean a perfect score. Just doing a good job of preparing is already a win.

Remind your child that he or she has support. If your child has an IEP or a 504 plan that includes accommodations on tests, remind them what they are and that they're available. Knowing the supports that are in place may help them feel more at ease. If he or she is using an accommodation for the first time, talk them through how it will help during a test.

Help your child feel their best on test day. Not getting enough sleep can affect how your child feels on test day. This is especially true for kids with attention issues. Make sure your child gets enough rest the night before a test. Be mindful of screen time. Try to provide a protein-rich breakfast, such as eggs or oatmeal.

Debrief after tests. Talking to your child about how he or she handled tests can help them feel more in control. After a test, ask how it went. Did they feel prepared? Was there anything he or she wishes that they had studied more or harder? This can help your child learn to make their own decisions about how to prepare for tests in the future: "Before the unit test, I should practice using my vocabulary words in a sentence." Acting can help your child feel more in control of the situation. And that could reduce test anxiety going forward.