

# Bartram Springs Elementary Newsletter

14799 Bartram Springs Parkway, Jacksonville, FL 32258

<http://www.duvalschoolsorg/bartramsprings>

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Issue 7



## Dates to Remember

**March 8 - 12**

**NO SCHOOL  
SPRING BREAK**

**March 16**

**Spring Pictures**

**March 16**

**SAC Meeting 6:00 pm**

**March 19**

**Last day of the 3<sup>rd</sup> 9 weeks**

**March 22**

**Planning Day - NO SCHOOL  
for students**

**March 31**

**Wellness Wednesday**

**April 1**

**Inservice Day - NO SCHOOL  
for students**

**April 2**

**NO SCHOOL - Good Friday**

**April 6**

**FSA Testing begins for 3<sup>rd</sup> -  
5<sup>th</sup> (more information will  
be sent home soon)**

## News from the BSE Administration Team

Dear Parents,

Thank you for your cooperation as we continue to work on getting students to class on time from the car rider line. Please be sure to have your child ready to go with their face coverings and backpack so that we can keep the line moving as quickly as possible. As a reminder, if you are waiting for your child by the walker door please be sure to wear a face covering if you are not able to socially distance from other parents.

If you were able to complete the 5 Essentials Survey, we appreciate you taking the time to share your feedback. Overall, we had a 30% response rate on the parent survey. We needed at least 20% to receive a report. We will be sure to share the overall results when we receive them.

If your child has lost a jacket or any other clothing item, please encourage them to come to the office to look through our lost and found. We will be donating unclaimed items to a local agency at the end of the month.

FSA testing will begin in April for our 3<sup>rd</sup> - 5<sup>th</sup> grade students. Information will be coming home soon regarding the schedule as well as testing procedures.

Have a safe and wonderful Spring Break!!

## Music News



In March, we celebrate women!

Check out Women who compose(d) MUSIC by visiting [https://www.classicsforkids.com/composers/women\\_composers.php](https://www.classicsforkids.com/composers/women_composers.php)!

Featured composers include American composer Libby Larsen, who has written songs, chamber music, symphonies, and operas for both children and grown-ups and Tania Leon, a Cuban-born composer and conductor and a founding member of the Dance Theatre of Harlem.

## Counselor's Corner

### What Parents Need to Know About School Attendance and Truancy

How many days has your child been absent from school over the past 4 weeks? Was it just one sick day or two? What about the day he left early for the dentist? Or the days you took off to extend a vacation? It is hard to always keep track. **What is chronic absenteeism?** Chronic absenteeism means missing too much school—for any reason—excused or unexcused. Experts and a growing number of states define chronic absenteeism as missing 10% (or around 18 days) during a school year).

**Do not underestimate the harm of these school absences.** Missing just two days a month of school—for any reason—can be a problem for kids in several ways. **Children who are chronically absent in kindergarten and first grade are less likely to read on grade level by the third grade.** For older students, being chronically absent is strongly associated with failing at school—even more than low grades or test scores. When absences add up, these students are more likely to be suspended and drop out of high school. Chronic absenteeism is also linked with teen substance use, as well as poor health as adults.

**Here are 10 practical tips to getting your child to school on time, every day:**

**Set attendance goals with your child and track your child's attendance on a calendar.** Try offering small rewards for not missing any school, such as a later bedtime on weekends.

**Help your child get a good night's sleep.** A lack of sleep is associated with lower school achievement starting in middle school, as well as higher numbers of missed school and tardiness. Most younger children need 10-12 hours per night and adolescents (13-18 years of age) need 8-10 hours per night.

**Prep the night before to streamline your morning.** Lay out your child's clothes. Pack backpacks and lunches. Develop back-up plans for getting to school if something comes up like a missed bus or an early meeting.

**Try to schedule dental or medical appointments before or after school hours.** If children must miss school for medical appointments, have them return immediately afterward so they do not miss the entire day.

**Schedule extended trips during school breaks.** This helps your child stay caught up in school learning and sets the expectation for your child to be in school during the school year. Even in elementary school, missing a week of classes can set your child behind on learning.

**Do not let your child stay home unless he or she is truly sick.** Reasons to keep your child home from school include a temperature greater than 101 degrees, vomiting, diarrhea, a hacking cough, or a toothache. **Keep in mind, complaints of frequent stomachaches or headaches can be a sign of anxiety and may not be a reason to stay home.**

**Talk with your child about the reasons why he or she does not want to go to school.** School-related anxiety can lead to school avoidance. Talk to your child about their symptoms and try to get them to talk about any emotional struggles they may have with issues like bullying, fear of failure, or actual physical harm. If you are concerned about your child's mental health, talk with your pediatrician, your child's teacher, or school counselor.

**If your child has a chronic health issue such as asthma, allergies, or seizures, talk with your pediatrician about developing a school action plan.** Meet with and get to know the nurse at your child's school. If you need guidance and documentation for an Individualized Education Program (IEP) or 504 Plan, ask for your pediatrician's help accessing services at school.

**Follow the rules.** Be sure you know what your school's requirements are for when your child will be absent or late. If you are supposed to call, email, or provide a doctor's note after a certain number of days out, then do it.

**Keep track of your child's attendance and investigate reasons when the days missed add up.** Look into why your child is absent.