

Dates & Reminders:

- **January 19th** MLK Jr Day **NO SCHOOL**
- **January 23rd** 100th Day of School!
- **February** Literacy Month - More information to come!
- **February 2nd** Remote Learning Day **NO SCHOOL**
- **February 2nd - 6th** National Counselors Week
- **February 9th - 13th** Unity Week
- **February 13th** Class Valentine Parties
- **February 24th** ACSI Day of Prayer
- **February 25th** Kindergarten Cap & Gown/5th Grade Portraits
- **February 26th - 27th** Professional Development **NO SCHOOL**

Please email elreception@caschools.us with all attendance or dismissal changes. Changes must be made by **1pm** and early dismissals conclude **@2:15** each day.



Our 100th day of school is coming up on **Friday, January 23rd**. Check your classroom newsletter to see how your class will celebrate this fun day!

JAGGERS



Tuesday, January 27th
Dine to Donate
11am-10pm

Fundraiser to benefit our Track & Field program! Jaggers will donate 20% of your purchase if you mention us when you order dine-in or drive-thru.



Chapel Corner

Join us for Chapel!

Tuesdays

Kindergarten, 1st, and 2nd grades

8:10-8:35

3rd, 4th, and 5th grades

8:55-9:30

Not able to join us for chapel?

Check out the video link below!

[K, 1st, & 2nd](#)



[3rd, 4th, & 5th](#)



This semester we will continue to look at how we can be imitators of Christ. This week's focus: **How can we pray like Christ?**

What's for lunch?

[Click here for our menu.](#)

[Click here for 3rd Quarter volunteer sign-ups!](#)



A Note from your Counselors:

TEST TAKING TIPS

Ways to help your student feel more comfortable
with taking tests.


- Crush the Can'ts: Students write down a negative thought on a slip of paper and tape it to an empty soda can and stomp on it to literally "crush" their can'ts.
- Positive World Wall: Create a "wall" at home positive quotes, test-taking strategies. and positive self talk to encourage your student.
- Personal Positive Story: Ask students what makes them anxious about the test, what do they think will happen, what can they tell themselves to face the anxiety, what can they do to overcome the anxiety, what's the conclusion?
- Daily positive Bible Verse: Have your student write a positive Bible verse in their agenda for the day. Read it with them before they live for school.
- Positive Self-Talk Cards: Leave little cards in your student's agenda, lunchbox, or anywhere else they might find it before taking a test.
- Journaling: Have students express their worries by writing them down.
- 5, 4, 3, 2, 1: Students can use this when feeling nervous during the test to help stay calm.


Happy Testing!
Mrs. Black & Ms. Brown


5 • 4 • 3 • 2 • 1


Slow Down and Calm Down


First Take 3 Slow, Quiet Breaths

5 List 5 things you can SEE 

4 List 4 things you can TOUCH 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List 1 way you can be more like Jesus 

Created By: Mrs. Black