



Lake Harriet Community School News

A Weekly Publication of the Lake Harriet Community School PTA

LHCS News

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March 4th, 2014

TWENTY-FIFTH ISSUE FOR '13-'14

4th & 5th Grade Concerts - Professional DVD

LHCS parent and professional video producer, Gregg Townsend, is helping separate and amplify groups of instruments and voices at the fourth and fifth grade concerts on Wednesday 3/5. He will also create a DVD of the performances and include highlights of rehearsals and photos from the official photographers. Copies can be ordered at the performance or in the office (for one week). Price is \$15 with a portion being given to the music program. Contact Mr. Townsend directly with any questions. sdpartysounds@yahoo.com

Jan Parrish is at an Effective Schools Conference

Jan Parrish is at an Effective Schools Conference from March 3-7. While she is gone, Anne Wade, retired principal will be able to assist parents and teachers.

Jazz Band!

Principal Schleisman will be directing a jazz band this spring for students in grades 6-8 with at least 1 year of playing experience. Saxes, trombones, and trumpets wanted. Practices will be held Wednesday mornings 8:15-9:15. If interested, please sign up in the office by MARCH 14th.

Play Ultimate for Lake Harriet!

LHCS is starting an Ultimate team! Compete against other Middle Schools teams in one of the fastest-growing sports in the country. Open to 5th-8th graders of any skill level — no experience necessary. INTERESTED? Informational meeting for parents on March 5th from 8:00-9:00pm at the Linden Hills Recreation Center. Registration Ends March 25

<http://www.youthultimateprogram.org/spring-league.html>.

Questions? Comments? Send Jamie Fassett-Carman an email: mpls.yup@gmail.com.

Kindergarten Mom's Night Out Party

Kindergarten Mom's Night Out at Vinaigrette (50th and Xerxes) Join other LHCS Kindergarten Moms for an evening of adult beverages and appetizers.

When: March 6, 2014 at Cost: \$35 per person Participants: 75.

Hosted by: Maggie Bebler, Sara Johnson, Beth Snyder, Trisha Power, Mekea Duffy & Carli Pearson.

Music In Our Schools Concerts

March is Music in Our Schools Month. We have three concerts scheduled at the Upper Campus. Please mark your calendars!

5th Grade Concert: Wednesday, March 5; 11:36-12:31pm

4th Grade Concert: Wednesday, March 5; 2:15-3:10pm

Middle Grades Choir & Rock Band Concert: Wednesday, March 12; 2:30-3:30

Please email Ms. Cuff at jennifer.cuff@mpls.k12.mn.us if you are interested in volunteering to help with any of these concerts. Examples of volunteer jobs include: set up, take down, guitar tuning and more.

Read-a-Thon Forms and Money due March 7!

February 28th marked the finish of the 2014 "Rock & Read" tour! Have the roadies pack up the equipment, sign those last remaining autographs, finish logging your minutes and get ready to collect pledges.

Tally and pledge forms along with money can be turned into your classroom teacher until March 7 at 1pm. Please place all items in your own envelope.

You don't want to miss out on any of the awesome prizes! These must be received by Friday, March 7 by 1pm in order to be eligible for the t-shirts, sport bags, prize drawings and class participation parties. IMPORTANT NOTE: Your first and last name, grade and teacher MUST be on these forms along with completed total calculations to be considered for prizes!

Don't have your forms? No problem! Download an extra copy on our website at LHCS>The PTA>Fundraising>Read-a-Thon.

Amy Mimick, 2014 Read-a-Thon Chair (amymimick@yahoo.com)

Used Book Sale was a Success!

The used book sale to earn money for the Upper Campus Media Center was a huge success! Thank you to all of the students who donated books and shopped! We made close to \$500 and added nearly 200 like new books to our library's collection. Please keep the book donations coming! The Media Center always accepts good condition, grade appropriate books. We can always use new copies of high interest books like Diary of a Wimpy Kid, Guinness World Record, 39 Clues and Percy Jackson to name a few!

MPS is MCA READY!

The MCA testing window begins on March 10th and runs through early May. This year, the three content areas of reading, math and science will be assessed in an online format.

2013- 2014 MCA Testing Schedule

Math 3rd - 8th, 11th March 10th-May 9th

Reading 3rd - 8th, 10th March 10th-May 9th

Science 5th, 8th, at the completion of biology March 17th-May 16th

Tips for Students

Preparing for Tests:

- Maintain good study habits
- Tell your parents about schoolwork and homework.
- Follow directions.
- Get a good night's rest and eat a good breakfast before testing.
- Set goals. Make and follow a plan to meet the goals you have set. Share your goals with your parents and teachers.
- Take responsibility for classwork and homework.
- Ask questions at school and home to ensure you understand material.
- Ask for additional help when needed.
- Practice strategies that will help you do well so they are automatic when you are taking tests.
- Ask your teacher to identify a particular area of focus that would help your performance.
- Think positively!

During Tests:

- Read and pay careful attention to all directions.
- Survey the items and questions to get an idea of the task(s) ahead.
- Reread the parts of the passage(s) or problems that help you to select the best answer.
- Read every possible answer – the last one could be the best one!
- Decide exactly what the question is asking and find evidence in the text to support it.
- Skip difficult questions. Then, go back & use good strategies to figure out the trickier ones.
- Keep a good attitude. Think positively!
- When you finish each section, take time to go back and check your work.
- Don't make uneducated guesses.
- Try to get the correct answer by reasoning and eliminating wrong answers.

After Tests:

- Examine your test scores; ask the teacher to explain your test scores if needed.
- Congratulate yourself on identified areas of strength.
- Identify areas of weakness which you want to improve for a better performance next time.
- Ask your teacher to suggest areas of study that will help you perform better on the next test.
- Set new goals. Make and follow a plan to meet your new goals. Share your goals with your parents and teachers.

Tips for Parents

Preparing for Tests:

- Note test dates on your home calendar; schedule appointments on non-testing days.
- Encourage your child to take responsibility for homework and class study.
- Encourage your child to ask questions at home and in class.
- Get to know your child's teachers.
- Attend parent-teacher conferences.
- Confer with teachers on a regular basis.
- Help your child to set realistic, yet ambitious goals. Support them in reaching their goals.

- Gather available test preparation materials and information.
- Assure your child knows that you value a good education.
- Praise your child's efforts. Recognize hard work and persistence, particularly when facing difficult tasks.

Day of Test:

- Ensure your child is well rested and eats a healthy breakfast.
- Make sure your child arrives at school on time.
- Encourage your child to do their best work and to be persistent.
- Do not remove your child from school on test days for appointments.
- Maintain calmness about tests. They are small portions of a child's overall education and performance.
- Ask your child how they are feeling about the upcoming test. Do your best to calm any anxieties.
- If your child is experiencing anxiety, communicate this to the teacher so the teacher can work to alleviate test anxiety.

After Testing:

- Ask your child about the test.
- Examine any reports that are sent home and share them, as appropriate with your child.
- Determine areas of strength and weakness.
- Share your child's areas of strength and help them make a plan to address any weaknesses.
- Talk with the teacher if other information is needed.
- Support your child in setting and achieving new goals.

Test Anxiety

How Students Can Alleviate Test Anxiety:

- Share your feelings of anxiety with parents and teachers.
- Think of the test as the opportunity to show what you know.
- Review homework and materials which pertain to test topics.
- Relax, breathe deeply and stay focused on the test.
- Remember, the test is only one way your academic performance is measured.
- Think positively. Think of other times you were successful when facing a challenge.

How Parents Can Alleviate Test Anxiety:

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.
- Help your child identify times they were anxious or faced challenges that had positive results.

How Teachers Can Alleviate Test Anxiety:

- Discuss the purpose of the test and how it can help students progress academically.
- Have realistic expectations of students' performance while encouraging students to do their best.
- Allow students to express their anxiety verbally or in writing.
- Be careful not to over emphasize the importance of the test.

Students may experience anxiety about tests and may experience heightened anxiety before a testing situation. A certain degree of anxiety is normal and may help teachers prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance. The following strategies may assist students, parents, and teachers in reducing anxiety.

Below is a process that can help you be successful on any test, but especially on the MCAIIIs.

M - Mind & materials ready

- Breathe, stay calm, remember your goal
- Make sure you have scratch paper, sharpened pencil, and allowed tools

P - Prepare to succeed

- Think positive thoughts – Remember times you were successful!
- Think about all you've learned to prepare yourself

S - Survey the items & questions

- Look over the title, the passage(s)/items, and the questions
- Identify information that will help you be successful, such as genre, graphic features, math needed

R - Read & re-read

- Go back to the passage or item to identify key information
- Use evidence from the text (reading)

E - Evaluate what is being asked

- Identify what the question is asking and make a plan to solve it

A - Action – Use strategies & tools

- Apply good test taking strategies such as eliminating wrong answers
- Read and annotate

D - Display persistence

- Don't give up – Keep working at it!

Y - (Why?) Prove your answer

- Make sure you have support for your answer

! - You've GOT this!

A Process for Success

*Information from the MPS teaching and learning department 2014

Last Week to Register for the Science Fair

Don't forget to register for the science fair! Registration closes this Friday, March 7th. Also, parents we would love for you to volunteer, this event is not possible without you! Registration and volunteer opportunities can be found at: http://lakeharriet.mpls.k12.mn.us/science_fair_3

Yearbooks Now on Sale!

The 2013-2014 Yearbooks are now available for purchase!

To order visit: <http://ybpay.com>

Access Code: 7964714

Principal Schleisman's Blog

Be sure to read Principal Schleisman's blog at

<http://walterschleisman.blogspot.com/2013/10/conference-week.html>.

MPS Goes Mobile: Now you can receive MPS text alerts on your cell. Just Text "YES" to 68453.

Community News

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Published every Tuesday. Deadline for submission is 4pm the preceding Thursday.

Submissions: email to Mark Fullerton: marksatva@gmail.com or use the online submission form at:

<http://lakeharriet.mpls.k12.mn.us/connection1.html>.

Please try to limit each submission to approximately 150 words in length.