

Counselor Chat

Pleasantville Elementary | 1431 Gellhorn Dr. | Houston, TX 77029



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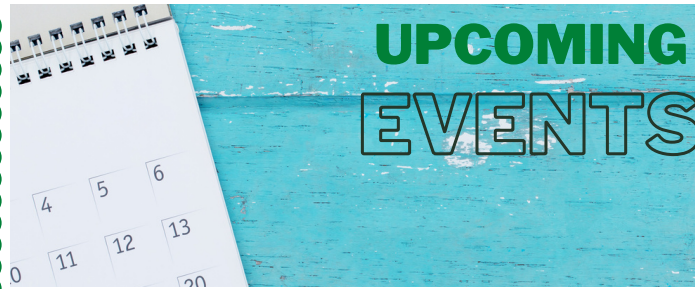
greetings & salutations!



Follow our School
@PleasantvilleES



April Character Trait
TRUST



**THANK YOU
SO MUCH!**



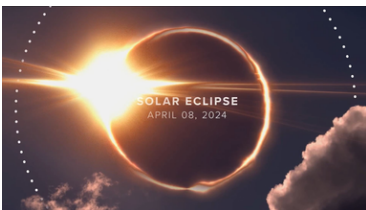
May Character Trait
INTEGRITY



Light it up Blue
on



WEAR BLUE ATTIRE
TUESDAY, APRIL 2, 2024



**Azalia
Ventura**

Entrepreneur
Owner, Founder
Azalia Cute
Designs, LLC



**Jaknique
Duncan**

Entrepreneur Publisher
Creative Designer
Homemaker
Community Volunteer
Parent Advocate



**Jazmin
Guerrero**

Houston
Community College
(HCC) student
Youth Advocate



Sunday, May 12

On March 1, 2024, we had three parent volunteers present at our first annual Career Day for our students! We also had the Houston Public Library part of our program to support our Prekindergarten Scholars develop Career Interest by participating in a Science, Technology, Engineering, and Math (STEM) activity.

We're already looking forward to next year's Career Day, so if you interested in supporting our school in this way, make sure you complete the [Volunteers in Public School \(VIPS\) application!](#)



Solar Eclipse Eye Safety



**Honoring those who currently
serve in the military.**



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Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS Happier · Kinder · Together

As we prepare for end of the year testing and STAAR, here are some tips to help your child reduce or not experience Test Anxiety.



Make sure your scholar is present every day and on time!
Class time begins at 7:30 A.M.

5 tips to reduce TEST ANXIETY in CHILDREN



1 PUT TESTS INTO PERSPECTIVE

- Encourage children to do their best, but remind them that one test won't make or break their future.
- Tell them they will be **loved and valued** no matter what test score they earn.
- Explain this test will provide **helpful information** about what they're great at and what they still need to practice.



2 HELP THEM PRACTICE

- If your child is nervous, start by asking why they feel nervous.
- Consider **finding practice tests** online you can discuss together.
- Don't push your child to study for the test; these tests are meant to measure what your child already knows.



3 PROVIDE USEFUL TEST-TAKING TIPS

- Answer the **easiest questions first**, mark difficult questions and return to them later.
- Use **process of elimination**, crossing out the answer choices you know are wrong.
- Make an **educated guess** when needed.
- Read** all the answer choices before choosing one.
- If penalized for incorrect answers, don't guess **unless** you can eliminate some answer choices.
- If isn't penalized for incorrect answers, **don't leave any questions blank**. If time is about to run out, bubble something for each unanswered question.



4 TEACH CALMING STRATEGIES

- Experiment with **calming strategies** to find some go-to techniques.
- Remind them won't know every single answer on the test, and that's okay.
- Give them a plan for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time **practicing these strategies** before test day.



5 PROVIDE ENCOURAGEMENT

- If your child voices a negative statement, like, "I know I'm going to fail," **acknowledge your child's feelings**: "I know you're feeling nervous about the test. Tests can be scary."
- Counter with a **positive and encouraging statement**: "You've practiced really hard and learned a lot for this year. You might know a lot of the answers and get a higher score than you're expecting."
- You can also leave your child **encouraging messages** in a backpack or on the mirror with dry-erase markers.



HELP THEM FEEL THEIR BEST ON TEST DAY

- Choose movement and exercise.
- Get plenty of rest.
- Stick to your usual bedtime routine.
- Avoiding excessive screen time.
- Providing a protein-rich breakfast in the morning, like oatmeal or eggs.
- Keeping conversation positive, encouraging, and lighthearted.
- Share laughter and sing favorite songs on the way to school, if driving. Listen to our Big Life Journal playlists on Spotify!
- Leave your child with a big hug and words of encouragement.