



April 2018

Guidance Newsletter

MONTH OF THE MILITARY CHILD

Military Kids Serve Too!

"Growing up as a military child means....."

Freshman Spotlight



" that you get experience a lot of things that non-military kids don't"

Acelynn Arballo

Junior Spotlight



" that I am proud of my family and my county"

Jasmine Render

Sophomore Spotlight



" that my parents are working for a greater community"

Derek Shull

Senior Spotlight



"learning how to adapt"

Ellie Pirog



Dates to Remember

April

- 7th- Attendance Recovery
- 12th- DUI Drug Awareness Event
- 14th- Prom
- 21st- Attendance Recovery

May

- 5th- Attendance Recovery
- 19th- Attendance Recovery
- 24th- Graduation



Interesting Fact

As a demographic, military-connected children number almost 4 million, 75% of whom are school-age. Almost every school district in America includes military-connected children and youth whose parents serve or served in the Active, Guard, and Reserve components of the Armed Forces. Over 80% of these students attend U.S. public schools while less than 8% attend Department of Defense schools.

Military Veteran

"Serving in the military meant working with some of the best people in the world!"

-Mr. Redmond



Military Brat

"Growing up as a military child meant having a hero in my own home to look up to."

-Mrs. Dean



Month of the Military Child

Spirit Days

Please join us in honoring our Military Families by participating in the following Spirit Days!

Friday 4/06:

"PROUD TO BE AN AMERICAN"

Wear your red, white, and blue.

Friday 4/13:

"PURPLE UP"

Everyone wears purple to show support and thank military children for their strength and sacrifices. Purple indicates that all branches of the military are supported; Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all thought to combine together as a single color, purple.

Friday 4/20:

WHO'S YOUR HERO?

Wear T-shirts that represent your favorite branch of the Military or the one in which a member of your family has served.

Wear red, white, and blue.

Friday 4/27:

SUPPORT OUR LOCAL TROOPS

Wear army green in support of local Fort Benning Army Base.

The Military through My Eyes

Photo Contest

Guidelines:

How do you embrace being a military child? We invite all military connected high school students to step behind the lens and capture their quintessential life of a military child. The photo can be of a person, place, thing, event – the sky is the limit! Contestants must submit the following:

1. One original photograph that you have taken.
2. Please make sure your name and grade is on the back of the photo.
3. Minimum of 1 paragraph typed explaining how this photo is significant to you.

Submission Details:

- Please submit all 3 components to guidance.
- Prizes will be awarded to 1st, 2nd, and 3rd place winners!
- Deadline for submission is April 20th

If you have any questions feel free to contact Mrs. Randolph in guidance.

End of Course Testing

Mindfulness

As the school year progresses and you work to tackle the many items of your to-do list, it is likely that you will feel stressed and overwhelmed at times. A great way to manage your stress and anxiety is to practice being present and mindful. Mindfulness is the practice of centering yourself to the present moment, being aware of your physical surroundings and sensations, and noting when and where your mind wanders during those times. Mindfulness practice is growing in popularity for stress management, as it is a great way to slow down and reflect on the present moment. Whether it's following a guided meditation, practicing deep breathing, or simply sitting in a quiet room with your eyes closed and centering yourself, mindfulness is a great way to alleviate stress and anxiety. Mindful.org outlines five basic elements of mindfulness practice that serve as great guidelines for regular mindfulness

practitioners as well as those new to the practice. Their suggestions are as follows: designate a specific time during the day to be mindful; pay attention to the present moment; allow judgments that arise in your mind to disappear; remind yourself to return to the present moment when distractions arise; forgive your mind when it wanders. Next time you're feeling overwhelmed with academic, extracurricular, or life stressors, give mindfulness a try!

End of Course Classes

End of course testing will begin in late April and continue through the first part of May. Students at the high school level will take an EOC in the following ten courses:

English Language Arts

Ninth Grade Literature
American Literature and Composition

Mathematics

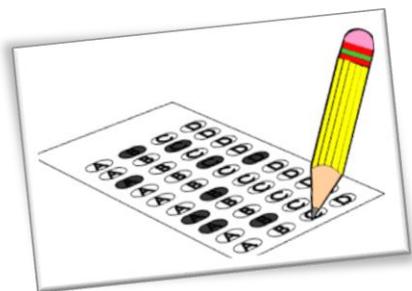
Algebra I
Geometry

Science

Biology
Physical Science

Social Studies

United States History
Economics



Testing Anxiety

Test anxiety is a form of performance anxiety. If your child went to class, completed their homework, and studies feeling confident about the material, the act of taking the test is the hardest part of the equation.

What Causes Test Anxiety: Although there are many different reason a student can have test anxiety, the main causes are: *fear of failure, lack of preparation, and/or poor test history.*

What do the symptoms look like: Each person is different, but some symptoms may include: headache, nausea, rapid heartbeat, light-headedness, feelings of anger, fear, helplessness and disappointment, difficulty concentrating, thinking negatively and comparing oneself to others.

How do I manage test anxiety?

- Give yourself enough time to study. Don't wait for the last minute to cram.
- Find a study space and organize it. Make sure you have enough space for your study materials, have enough light, a comfortable space, and has no distractions including your phone.
- Use flow charts and diagrams. Visual aids can be very helpful when revising. A good challenge for you – write down everything you already know then highlight where the gaps lie.
- Practice on old exams. One of the most effective ways to prepare for exams is to practice taking past versions.
- Explain your answers to others. This will help you get it clear in your head and highlight the areas you need more work.
- Organize study groups with friends. Get together with friends for a study session. You may have questions they have answers to and vice versa. Make sure to stay focused.
- Take regular breaks. While you might think it's best to study for as many hours possible, it can be counterproductive. Studies have shown that for long-term retention of knowledge, taking regular breaks helps. Everyone is different, so develop a study routine that works for you.