

APRIL 2018

WOODALL GNETS NEWSLETTER

The Woodall GNETS Program * 1822 Shepherd Drive, Columbus, Georgia 31906 * 706-748-3166 Office
A community of lifelong learners, responsible citizens, and champions of success!

Message from Mrs. L. Thornton – Director

Ten Terrific Test-Taking Tips

1. Show up on time
2. Stay focused and relaxed
3. Sit Comfortably
4. Expect and accept a little bit of stress
5. Read the directions carefully
6. Pace yourself
7. Don't Rush
8. Don't Get Distracted
9. Focus on the stuff you know FIRST
10. Use ALL your time

** Information from GPB TV*

Woodall GNETS

Mission Statement

To create a climate of cooperation and socio-emotional competence through explicit modeling of behaviors and expectations for students and staff.



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Notes from the Desk of — Mr. David Ebron— LSCW

Does Your Child Challenge Authority? Four Things Parents Can Do.....

1. ***Don't fall into the trap of excuses and blame.*** When an issue comes up with your child, stay focused on the topic - your child's behavior and the potential consequences. For example, your child might say, "I didn't do my homework because the teacher didn't explain what we were supposed to do." He blames his refusal to do homework on his teacher, and says the teacher doesn't treat him fairly in class. Our advice to his parent: Try not to get caught up in the idea that Johnny's "isn't fair." There's lots of injustice in the world and Johnny will encounter it frequently—as we all do. Stay focused on the behavior (Johnny's refusal to do his work) and the potential consequences (failing his class). You can say, "It sounds like you're blaming your teacher for the fact that you didn't do your homeworkbut it's your responsibility."
2. ***Don't fall into emotional traps.*** It's easy to get caught up in the emotion of your child's defiance. They're upset, you're upset and sometimes teachers or other adults are upset. Again, it takes the focus off the topic at hand. Don't personalize what your child is saying or doing— just say as objective as you can and focus on the matter at hand.
3. ***Teach your child to think.*** Kids who defy authority are often reaching to adults and rules, rather than making conscious, deliberate choices. They don't take time to think their actions through to what the potential consequences might be for their behavior. Weighing decisions and consequences, creating a list of pros and cons and then making a well thought-out choice is one of the most valuable skills your child can learn. It's never too early to start teaching your child how to evaluate situations. So the next time she makes a comment like, "I'm not going to study for the test," instead of getting caught up in emotion (which is natural for parents), ask her questions instead: "What might happen if you choose not to study?" If she responds with, "Nothing," try to stay calm and continue with questions rather launching into a lecture or fight. You might ask, "Could you get a lower score, or even fail the test—or the class?" The point of the questions is not to interrogate, but to teach your child to think rather than react.
4. ***Remember that consequences are a part of life.*** Whether they are natural consequences—something that occur naturally as a direct result of your child's actions — or consequences that you provide. It's how your child will learn about life. Allow them to occur even when your instincts shout out to save your child from being uncomfortable.



Author Unknown

Notes from the Desk of —

Dr. Leon Rogers— Forensic / Licensed Clinical Social Worker

Test Taking Tips: Parents & Students

1. Make sure your child gets an ample, normal amount of sleep the night before the test.
2. Mark testing days on your calendar to help remind you and your child when the testing will take place.
3. The student should eat a nutritious and filling breakfast. Avoid high sugar cereals which can make the student hyper and unfocused.
4. Set aside time each night before the test for several weeks to review the concepts that will be covered.
5. Work with your child's teachers to find materials to work on at home in preparation for the test.
6. Make sure the student is on time test day; set a backup alarm to avoid the possibility of oversleeping.
7. If your child is sick, please contact the school immediately.
8. Try not to put too much pressure on the student. Reinforce that as long as they worked hard in preparation and did their absolute best you will be proud of them.
9. Have the child visualize success. Encourage them to rehearse what it will feel like to get a good score on the test.
10. Work with them to focus on breathing. Stress is often caused by insufficient oxygen to the brain. Work with the student to take time before the test begins to take some deep breaths, exhaling slowly. Focusing on breathing by taking some time when stress levels rise helps to focus the mind during testing.
11. Encourage your child to review the night before the test, but avoid cramming. Cramming is rarely effective. A longer, more systematic schedule of short reviews will prepare the student better.
12. Try to use positive language when talking about expectations of the test. Do not overinflate the student's expectations but also try to avoid negative wording (e.g., replace "you are going to fail this test if you don't study" with "if you don't study you aren't going to pass this test.")



Notes from the Desk of —

Mrs. Sommer Lewis— Social Service Tech Spring Break Adventures!

se be on the lookout for Strengths

Spring has sprung. Here are some fun activities for you and your family during the break. Enjoy.

Ohana Nights: Family Craft Hour Columbus Public Library at Aflac Storytime Room

March 22 @ 6:30 pm - March 23 @ 7:30 pm UTC You know what they say...Families that build marshmallow towers together... have a good time! Join us, with your mom, or dad, or aunt (cousin, brother, sister, best friend, not friend, sorta friend, frenemy, enemy) or whoever, or simply stop by solo. From pretzels palaces and marshmallow moats, in this bimonthly event we will be bringing the goodies and you will be making something cool with them. Call for questions, Come for the fun. You know what they say: snack together, stay together!

What to do when the kids are home during spring break? Easy! Bring them to Oxbow for a exciting (and educational) time! Each day during Spring Break brings a new adventure for you and your family.



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Notes from the Desk of —
Mrs. Sommer Lewis— Social Service Tech
Spring Break Adventures!

se be on the lookout for Strengths

Monday March 26: Radical Reptiles is the perfect to have your own meet and greet with the many “creature teachers” at Oxbow. You may even get the chance to touch and hold a reptile!!

Tuesday March 27: Mystery Hike. During our Mystery Hike Program, you will be guided on one of our trails in an outdoor mystery that needs to be solved, by you!

Wednesday March 28 :Radical Reptiles is the perfect to have your own meet and greet with the many “creature teachers” at Oxbow. You may even get the chance to touch and hold a reptile!!

Thursday March 29: Wildlife Explorations During our Wildlife Explorations program, you will learn about many types of wildlife, meet a real life animals, and go on an adventure outside!

Friday March 30: Fix, Pop, Boom! Join us in a live-science show, as we learn about wind, water, and maybe even explosions!

Registration is not required. However, groups of more than 10, please call in advance to make sure there is space.

a brief behavioral screening questionnaire for children 2-17 year olds. There are three versions of



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**Notes from the Desk of —
Mrs. Sommer Lewis— Social Service Tech**



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Notes from the Desk of —

Mrs. Sommer Lewis— Social Service Tech

Spring Break Adventures!

March 26-30

10am-11am

\$5 per person

Monday

Radical Reptiles

Tuesday

Mystery Hike

Wednesday

Radical Reptiles

Thursday

Wildlife Explorations

Friday

Fiz, Pop, Boom!



**Oxbow Meadows
(706)507-8550**

<https://oxbow.columbusstate.edu/>



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Notes from the Desk of —

Mrs. Sommer Lewis— Social Service Tech

You're invited to another great event in your community

AMERIGROUP Community Care PRESENTS

Spring Break Tour

Picnic in the Park at Lake Bottom Park (Football Field)

Saturday, March 24, 2018
11:00am-1:00pm

1505 Cherokee Ave Columbus, GA, 31901
FREE GAMES, FUN, & MUSIC



Skate Night at Columbus Ice Rink!

Thursday, March 29, 2018
5:00pm-7:00pm

400 4th Street Columbus, GA 31901
1ST 50 KIDS SKATE FREE!!



Spring Fling at Frank Chester Recreation Center!

Friday, March 30, 2018
4:00pm-6:00pm

1441 Benning Dr, Columbus, GA 31903
**FREE EASTER EGG HUNT, FREE
GAMES, & FUN**



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Notes from the Desk of —

Mrs. Sommer Lewis— Social Service Tech

3D PRINTING 101

MARCH 26 @ 5:00 PM - 6:00 PM UTC-5

Also, please be on the lookout for Strengths and Difficul-

3D



PRINTING 101



**Open to teens
ages 12 - 18.**



Details

Date: March 26

Time: 5:00 pm - 6:00 pm

Event Category:

Library Events Website:

[https://www.facebook.com/
events/1271117322989605](https://www.facebook.com/events/1271117322989605)

Venue

Columbus Public Library

3000 Macon Rd

Columbus, GA 31906-2201

ties Questionnaire (SDQ) for you to fill out. What is the SDQ? The SDQ is a brief behavioral screening questionnaire for children 2-17 year olds. There are three versions of it: one for parents to complete, one for teachers and, for older children, a self-complete version. Once you receive your copy please complete it and send it back to school. Thank you for your support!

Teens, come learn how to create 3D objects and we'll print your design for free!

This program is for teens ages 12 - 18. For additional information, call the teen department at 706-243-2690.

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Notes from the Desk of —

Mrs. Sommer Lewis— Social Service Tech

Bang, Boom, Whoops: Youth Science Club at Columbus Library

March 27 @ 4:30 pm - 5:30 pm

We might be a little mad here. What happens when you take household items, a sense of adventure, and a can-do attitude? We don't know either. But we are going to find out. With Science on our side, and just a little luck, come find out all the things you can do in this after school adventure club. Call for questions, come for the fun.

Chess at the Library March 27 @ 5:30 pm - 7:30 pm UTC-5

Columbus Public Library, 3000 Macon Rd., Columbus, GA 31906-2201

Whether you're a grandmaster or you just want to learn how to play, come join us every other Tuesday. We provide a social atmosphere where anyone can enjoy playing and meeting other chess players. For additional information, call 706-243-2669. Special Group BEGINNER Lesson: March 13 from 5:30 - 6:00 pm, with free play to follow.

Family Fun Night at Mildred Terry Library March 27 @ 6:00 pm - 7:30 pm EDT

Enjoy "F" rated programs and Fantastic Family Fun – sometimes even a Favorite Food! Literacy activities and recourses to promote student success and foster connections with your child's school will be offered.

Schwob School Of Music Guest Artist Boris Abramov March 27 @ 7:30 pm - 9:30 pm FREE

Venue :River Center for the Performing Arts @ 900 Broadway Avenue, Columbus, GA 31901, USA

Notes from the Desk of —

Mrs. Sommer Lewis— Social Service Tech

Cosplay 101

March 29 @ 5:00 pm - 6:00 pm UTC-4

*Columbus Public Library, 3000 Macon Rd
Columbus, GA 31906-2201 United States*



This cosplay 101 workshop will give participants an opportunity to socialize with other cosplayers and learn tips and tricks to creating cosplay accessories for upcoming conventions. Some materials will be provided, but you may also bring your own projects to work on. For additional

information, call 706-243-2669.

Easter Egg Hunt

March 29 @ 4:00 pm - 5:00 pm UTC-4

*North Columbus Public Library, 5689 Armour Rd
Columbus, GA 31909-4513 United States*



The Easter Bunny has hidden eggs all over the Children's Department for kids to find. Find the Golden Egg and win an extra special prize. To learn more, call 706-748-2855.

[Find out more »](#)

Notes from the Desk of —
Mrs. Sommer Lewis— Social Service Tech

Flashlight Egg Hunt

March 29 @ 7:30 pm - 9:00 pm UTC-5

*Opelika Parks & Recreation, 1001 Andrews Rd
Opelika, AL 36801 United States*



Flashlight Egg Hunt Thursday, March 29th 7:30 p.m. at Moore Stadium 3rd-5th graders FREE EVENT Come hunt for eggs in the dark! Bring a flashlight and a basket. Look for special prizes and golden eggs!

[Find out more »](#)

Library After Dark

March 30 @ 6:30 pm - 8:30 pm UTC-4

*Columbus Public Library, 3000 Macon Rd
Columbus, GA 31906-2201 United States*



Bring your friends to these special after-hour events exclusively for teens! We'll have snacks, games, and good times. Space is limited to 20 teens and registration IS required. Register in person only at the Teen Desk, 2 weeks

prior to the event. See Teen Staff for more details or call 706-243-2690.

Notes from the Desk of —
Mrs. Sommer Lewis— Social Service Tech

Young Eagles Day: FREE Flights For Kids

WHEN: Last Saturday of each month, 8:30 AM to 11:30 AM. — Weather permitting!

WHERE: “Flightways” at the Columbus Airport

HOW: All flight costs are donated by EAA members

COST: FREE for kids. Parent or Legal Guardian approval required.

Since 1982, Young Eagles has promoted introductory airplane flights for youth between 8 and 17 years old. In Columbus, the flights are provided by members of the EAA 677. Over 1,700,000 kids have flown nationally, including 2,000+ in Columbus, thanks to Young Eagles.

Upon completion of a Young Eagles flight, participants receive a Young Eagles Flight Certificate, Log Book, and authentication code for an internet based Private Pilot ground school, sponsored by Sportys, a \$250 value. Young Eagles can be the first step in the pursuit of aviation as a passion and career.

Kids Easter Event at Central Baptist Church -March 31 @ 4:00 pm - 6:00 pm EDT

Central Baptist Church, 8303 Whitesville RD Columbus, GA 31904 United States

Join us for a time of Celebration! There will be **FREE** food (hotdogs, chips & beverage), inflatables, and egg hunt for (4 ages levels) Ages 2 and under, Pre-K, K-2nd grade and 3rd-5th grade.

**Notes from the Desk of —
Dr. Vytoris Sanford — Instructional Specialist**

Georgia Milestone Assessment

The Georgia Milestones Assessment System (Georgia Milestones) is a comprehensive summative assessment program spanning grades 3 through high school.



The Georgia Milestone Assessments will begin April 4, 2018 and end April 30, 2018. Please make sure your child gets plenty of rest and attends school daily.

Please note that students will not be allowed to be checked out while testing is in progress.



Notes from the Desk of — Mrs. Chauntell Beal—Behavioral Specialist

Greetings,

Testing time is here!

Parents please encourage students to focus and do their BEST on the TEST. As well as maintain appropriate behavior. It is imperative for our students to get a good night rest. Encourage them to go to bed early.



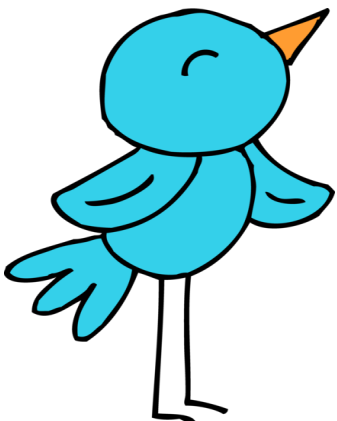
As with most forms of anxiety, test anxiety can affect your child on the physical, emotional, behavioral and cognitive levels. These are some of the symptoms:

Physical: Sweating, shaking, shortness of breath, headache, nausea and diarrhea are common symptoms of test anxiety, as is feeling lightheaded or faint. Hyperventilation or a full-blown panic attack may be part of the mix, making students feel like they cannot breathe or are suffering from a heart attack.

Emotional: Students may become angry, or they may fall into a slump of helplessness, fear and despair. Disappointment is also common.

Behavioral and cognitive: Negative thinking takes the lead as one of the top cognitive symptoms of test anxiety, followed by problems with concentration. Students may start to compare themselves with others, looking around to see who seems to be acing the test, assuming others may be smarter than them.

These symptoms can affect people of any age, especially with an intense focus on exams for younger and younger students.



is important for our students to develop empathy for other people's feelings and for teachers and

**Notes from the Desk of —
Ms. Sharonda Porter—Counselor**

It's time for some fun since *Spring Break Starts on Friday, March 23rd*. Families are looking for something for your entire family to do? Well, Amerigroup, Columbus Parks & Recreation, and Columbus Civic Center are partnering together for this week *Spring Break Week for Families FUN!!!* Please see the schedule of the upcoming events and description of everything for this event!! Things will get kicked off this *Saturday, March 24th for Picnic at Lake Bottom Park (Football Field)*.

March 24th — Bring your lawn chairs and blankets. Food trucks will be available for purchasing food. Picnic baskets are welcomed to this event.

March 29th — *Skate Night @ Columbus Ice Rink* — 1st 50 kids ice skate for FREE!!! First come, first serve for this event.

March 30th — *Spring Fling at Frank Chester Recreation Center* — FREE block party and Easter Egg Hunt!!!



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*******Attention Parents*******

Students will be allowed to purchase snack items from the cafeteria and the items will range in price from .50¢ to \$1.00.

***Please note in order to purchase it will be based on the behavior of the student.**

If you have any questions in regards to the GNETS program contact:

Ms. Vickie Cleveland—

GNETS State Program Manager

VCleveland@DOE.k12.ga.us

Or contact your local school district.

SPRING 

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