

Cub Connection

(717) 244-5425

Pleasant View Elementary School

March 1, 2019

State Testing Is Around The Corner

Pennsylvania System of School Assessment (PSSA) will take place during the months of April/May for grade 3-6 students.

Testing Schedule for PSSA's:

English Language Arts – **April 15-17**

Mathematics – **April 23-24**

Science (Grade 4 Only)-**April 30-May 1**

We ask that you do not schedule any educational trips during this time. Thank you in advance for avoiding taking trips during this important time of the year.

Testing Tips - Reducing Test Anxiety

Positive Self-Talk

"I can do this!" ... "I know the material" ... "I have practiced this." ... "I am smart and capable."

Visualization

Close your eyes and picture yourself doing well on the test. This will boost your confidence!

Muscle Relaxation

Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

Deep Breathing

This is a great anxiety reliever. Sit up straight and put your hands on top of your head. Breathe in a full breath through your nose for five seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.

Get Silly

There are many silly methods to relax before a test. Think of something funny (Your teacher in a chicken suit!) Get out all the wiggles - Dance, shake, and move around. Force a laugh and a smile. This will help you feel better.

Calendar of Events

Please visit www.rlasd.net and click on your school. View 'Calendar' on the home page for a complete calendar of events from August through June as they become available.

- 3/1- Family Fun Night 6:30-8:00
- 3/6 - Book Day (dress like your favorite book character)
- 3/8 - Final collection of Pennies for Patients
- 3/11-3/13- Kindergarten Reg./Screening
- 3/12 - PTO Meeting 6:00pm
- 3/15 - Be Lucky Day (wear green, shamrocks, horseshoes, etc.)
- 3/21- School Board Meeting @ 7P
- 3/22 - March Madness Day (wear your favorite college team attire)
- 3/23- Daddy/Daughter Dance @ SH Commons 6p-8p
- 3/26- 2 Hr. Delay
- 3/29 Polka Dots and Stripes Day



Red Lion Area School District..



Real Learning for Real Life

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Kindergarten Registration 2019-2020

2019-2020 kindergarten registration and screening for ALL incoming kindergarten students will be held at the Windsor Manor Elementary School on March 11, 12, and 13, 2019. Make-up days for possible inclement weather will be March 18, 19, and 20. Registration/screening appointments will be available each day 9a.m.–8p.m. More information is available on the district and building websites.



Red Lion Area School District

REGISTER
FOR
KINDERGARTEN

Online registration:
kinder.rlasd.net

Schedule an appointment for March:
<https://rlasd.youcanbook.me/>

Students need to be 5 years old by August 31. In order to register for Kindergarten, if you have questions, contact Linda Wilkerson at 717-244-5500 or wilkersonl@rlasd.net

Real Learning for Real Life

Elementary Art Department

The 4th Annual Elementary Art Show will be held on Saturday April 27, 2019 from 11am-2pm at the Red Lion Area Junior High School. Every elementary student in the district will have a framed piece of artwork on display by Artome, a National Art Show Company. If interested, your student's framed artwork can be purchased for \$22 on the day of the event (cash only) but please know there is no obligation to buy. Come enjoy light refreshments, interactive exhibits, and an afternoon of art at this fun community event! Visit www.artome.com to learn more about Artome Art Shows. To get updates about what our students are learning in art class, follow us on Twitter @RlasdElemArt.

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