


NORTH BELT ELEMENTARY SCHOOL  
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# Wildcat Weekly

Books can change your life but they require the commitment of time, in both the hunting out of good ones and in the reading of them. ~ Tania Ahsan

## April Calendar of events:

|  |       |
|--|-------|
| Good Friday—NO SCHOOL  | 30    |
| Passover   | 31    |
|  Easter | 1     |
| April Fool's Day   |       |
| Autism Awareness Day   | 2     |
| World Health Day   | 7     |
| National Library Week—<br>"Libraries Lead"   | 8-14  |
| STAAR—4 <sup>th</sup> Writing & 5 <sup>th</sup> Math                                       | 10    |
| STAAR—5 <sup>th</sup> Reading  | 11    |
| STAAR Make-Up Day<br>Drop Everything and Read<br>(D.E.A.R.) Day                            | 12    |
| STAAR Make-Up Day  | 13    |
| Super Kid's Day T-Shirt/Snack  | 16-20 |
| Tax Day  | 17    |
| All-Earth Ecobot Challenge<br>Day @ Kashmere H.S.  | 21    |
| Progress Reports go home   | 23    |
| Spanish Immersion<br>Application Deadline @<br>3:00p.m.                                    | 27    |

## April is Stress Awareness Month

Everyone feels stressed at times. If left uncontrolled, it can be a joy stealer. This makes it harder for us to live happy lives. Stress can also lead to many major health problems, including, but not limited to, depression, acne, anxiety, obesity, asthma, diabetes, headaches, heart attacks, and gastrointestinal problems. With that in mind, it is vitally important to keep life's major stressors under control.

### Ways to Keep Stress in Check

#### 1. Make Up Your Mind to Get and/or Stay Healthy

The best way to reclaim control of your life and minimize stress is by taking charge of your body. Through diet, exercise, or getting a checkup, put yourself back in control.

#### 2. Make a Change

Even a small change can make a big difference when it comes to stress. It can be clearing the clutter off your desk or taking a vacation, the important thing is that you do something different.

#### 3. Focus on Now

Many people live their entire lives in yesterday or tomorrow. Focusing on the perfect moment, right now, provides an escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck out.

#### 4. Talk to Yourself

Sometimes a good pep talk is all that is needed to keep stress at bay. Affirm what is right with your life instead of dwelling on what's wrong.

#### 5. Laugh/Giggle

Laughter is really good medicine. Watch a funny show or video, tell a funny joke, or read something funny. Give yourself time for laughter each day.

#### 6. Meditate

A still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away. Ten minutes of meditation daily will do wonders for releasing stress in your life.

#### 7. Keep a Happiness Journal

Everyday spend a few minutes reflecting on the day you just experienced and list five things about the day that you enjoyed.

#### 8. Think Positive

No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

#### 9. Help Someone Else

Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less pondering and stress. See who needs a hand and then offer yours.

<http://www.beliefnet.com/wellness/galleries/10-ways-to-celebrate-national-stress-awareness-month.aspx>



The following list contains the dates, tests, and grades for the STAAR. Parents, please ensure that your child(ren) get plenty of rest the night before. Visitors **WILL NOT** be permitted in the building on these days. Please do not schedule dental/doctor's appointments on your student's dates. All volunteer activities will also be canceled.

04/10: 4<sup>th</sup> Writing & 5<sup>th</sup> Math

04/11: 5<sup>th</sup> Reading

04/12—04/13: Make-Up Days

## D.E.A.R. (Drop Everything and Read)

### What is D.E.A.R.?

A national month-long celebration of reading designed to remind people of all ages to make reading a priority activity in their lives. Because, what's more fun(damental) than reading, really?

When is D.E.A.R. celebrated?

D.E.A.R. programs have been held nationwide on April 12<sup>th</sup> in honor of Beverly Cleary's birthday, since she first wrote about D.E.A.R. in *Ramona Quimby, Age 8*. As D.E.A.R. has grown in popularity and scope, the program has expanded to span the entire month of April. Can D.E.A.R. be celebrated anytime?

Yes! We encourage you to "Drop Everything and Read" every day throughout the year. The goal of the program is to prompt people to make reading a regular part of their routine. . . whether they're reading alone or together with their classmates, parents, or friends. So, "drop" what you're doing in order to read a good book.

(2013). Celebrate "Drop Everything and Read" with Beverly Cleary. HarperCollins Publisher. Retrieved from <http://dropeverythingandread.com/NationalDEARday.html>

### 4 Annual Goals:

- Every student will show a minimum of one year's growth in Reading by June 2018.
- We will all utilize common daily structures: Student Goal folders, Fundamental 5, Math Problem-Solving Model, Word Wall, The Incredible 5-Point Scale, PAWS Prints (Playing safely, Acting responsibly, Working hard and Showing respect), Social Contracts & Social Skills.
- All students will write in every subject, everyday.
- All students will develop number sense and use number relationships in problem solving situations.

## NOTHING BUT EXCELLENCE



**The NBE Choir will perform at the Fine Arts Festival on Saturday, April 28<sup>th</sup> @ 10:00a.m. at Kingwood Park High School.**

## Music News

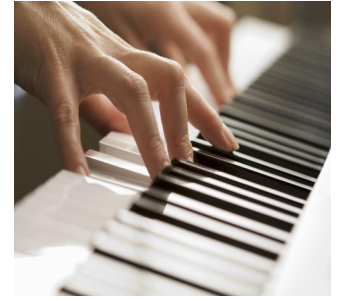
Music is the movement of sound to reach the soul for the education of its virtue. ~ Plato

The fun continues in music classes! Grades K–2 will be learning about the instruments of the orchestra. Grades 3 –5 will be playing the piano for the next several weeks.

The NBE Choir will perform at the Fine Arts Festival on Saturday, April 28<sup>th</sup> at 10:00a.m. The performance will be at Kingwood Park High School. If you would like to learn more about

music, check out the **Music Fun** section of my website! There are links to awesome music games and activities. And as always, singing a song every day.

~Mrs. Grayshaw, Music Teacher



## 16th Annual Fine Arts Festival/Artisan's Market

**P.A.W.S. (Play Safely, Act Responsibly, Work Hard, Show Respect)**

**Congratulations to the following students for being caught showing NBE'S expectations of**

**PAWS:**

**Kinder:** Payton Buckner, Benjamin Marquez **First:** Chrisaun Campbell, Charish Coleman **Second:** Bryan Ruiz, Ashley Tovar **Third:** Diana Aguilar, Andrew Covarrubias **Fourth:** Berlin Delgado, Michel Ruiz **Fifth:** Adriana Garcia, Milton Ibarra



**The 16th Annual Fine Arts Festival will be held on Saturday, April 28<sup>th</sup> at Kingwood Park H.S.**

This incredible community event is **FREE** and made possible by our dedicated volunteers! Volunteers are needed for pre-festival set-up, to help run the art booths, and other festival operations. **Two-hour volunteer shifts are available from 3:00p.m. to 5:00p.m. on April 27<sup>th</sup> and 9:00a.m. to 5:30p.m. on April 28<sup>th</sup>.** To view and/or sign up for a volunteer shift please visit:

<http://signup.com/go/JSXbiMu>

We welcome volunteers from 6<sup>th</sup> grade–adults to sign up for one or more shifts. Note that this is a great opportunity to fulfill community service hours for clubs and honor society! All volunteers will be given certificates documenting their hours served. Have questions or need help signing up? Please e-mail FAF

Open to all local artisans creating handmade goods.

### Artisan's Market

Register now to reserve your spot at the 16<sup>th</sup> Annual Fine Arts Festival!  
Contact: Jennifer.York@humbleisd.net

Space is limited.  
Application and Fees are due by April 13.

Volunteer Coordinator at [valerie.churin@humbleisd.net](mailto:valerie.churin@humbleisd.net).

**Our very popular ARTISAN'S MARKET will return!**

The Market will be held from 10 a.m. to 4 p.m. during the Festival.

Local artisans and Humble ISD students will be offering unique art and hand crafted items for sale. Twenty-five NBE student masterpieces will be on display. A great shopping opportunity for graduation gifts!

**Artisan's Market Application and fees are due by April 13, 2018.** You can find the application at:

[https://www.humbleisd.net/cms/lib/TX01001414/Centricity/Domain/14/FAF\\_Vendor\\_Registration.pdf](https://www.humbleisd.net/cms/lib/TX01001414/Centricity/Domain/14/FAF_Vendor_Registration.pdf)