



SHARK TALES

11050 W. Whyman Ave., Avondale, AZ 85323

Office: 623-478-6000 Attendance: 623-478-6001 Fax: 623-478-6020
Mrs. Pacheco, Principal Mrs. Macdonald, Assistant Principal Mrs. Chapman, Dean of Students

Message from your Principal

Quentin has adopted the Kids at Hope! Kids at Hope is a researched based belief system that believes ALL children are capable of success...NO EXCEPTIONS! Three universal truths are believed with strong evidence to support the Kids at Hope belief system. These universal truths are

1. Children succeed when they are surrounded by adults who believe they can succeed
2. Children succeed when they have meaningful and sustainable relationships with caring adults.
3. Children succeed when they can articulate their future.

PARENTS: If you are interested in the parenting class model for Kids at Hope please contact school counselor and Kids at Hope trainer Ms. Vangie at 623-478-6012 for class times.

Let's start getting ready for
AIMS & TERRA NOVA TESTING COMING UP IN APRIL!!

Attendance Makes a Difference

Teachers can't teach students who aren't in school. And there's strong evidence that regular school attendance can result in significant test-score gains. So remember:

1. Make sure your child is in school every day.
2. Don't schedule medical appointments during school hours.
3. Don't take your child out of school for a family trip or activity.
4. Don't allow your child to be tardy. Have your child get ready the night before so he/she can get to school on time.

Good Health = Good Test Scores

Getting ready for a big exam requires more than just studying. Your child must be physically fit, too. So don't forget the following as your child prepares for big exams:

1. Breakfast. Get your child in the habit of taking time for a nutritious breakfast every day.
2. Sleep. Get your child into a regular sleep routine. Then stick to it! Most children need at least eight hours of sleep each night.
3. Exercise. Encourage your child to exercise every day. Exercise increases oxygen to the brain and help with thinking and memory.

Overcome Test Anxiety

Nobody likes to take tests. And some kids get what's called "test anxiety." They are so worried about taking the test that they can't show what they know. Telling your child, "Just relax" won't work. Instead, share these tips:

1. Don't cram. A good night's sleep is more important than an extra hour of studying. Studies show that last-minute cramming doesn't work.
2. Read the directions—carefully!
3. AIMS is not a times test, so take your time and do the best you can.
4. Remember past tests where you did well. You will do a great job again!

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MARCH EVENTS

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| 3/1 | SPRING PICTURES NO UNIFORM |
| 3/4 | 2:40pm K-2 Student & Shark of the Month Assembly 3:00pm 3-5 Student Shark & Student of the Month Assembly |
| | EARLY RELEASE EVERY WEDNESDAY |
| | P/T Conferences / EARLY RELEASE |
| 3/14-3/18 | NO SCHOOL SPRING BREAK |
| 3/21-3/25 | Custodian's week!! |
| 3/22 | Mega Meeting 5pm-6pm |
| 3/25 | SPRING DANCE |

Your cookie dough order has arrived!

Pickup Day: March 1st

Pickup Times: 2pm- 6pm

Place: Quentin Elementary School, Room 184 (Science Room)

Because cookie dough is perishable, please make arrangements to pick up your order during the above time frame.

Thank you for supporting our school.

ATTENDANCE LINE
623-478-6001

