

Tiger Talk

March 2020

Principal: David Beard

Assistant Principal: Whitney Hood

Beard's Bulletin

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Thank you for supporting our Moon Pie Sale. If you still have money to turn in, please do so as soon as possible. Also, the students have worked hard on their Living History Night Projects. I am proud of what they accomplished. February is gone, and we look forward to Spring and warmer temperatures!



A MUST SEE
FOR THE
WHOLE
FAMILY
ANNIE



A Peek at April:

- April 1-3—Spring Break
- April 10—No School
- April 20—1st day of GA Milestones

A Peek at the Creek

March 6 & 7

Annie Kids Musical

March 10

3rd—5th Grade Data Night

March 13

No School

March 17

Spring Pictures

March 30 & 31

Spring Break



Paws-itive Parenting

Standardized test success

Doing well on a standardized test starts way before your child's teacher says, "You may begin." Boost your youngster's confidence and help her do her best with these tips.

Focus on schoolwork—The work habits your child uses all year long are the same ones she'll need on test day. Have her keep a list of what she does well when she does schoolwork, such as double-checking math answers or proofreading her essay. The night before the test, she can give herself a "pep talk" by reviewing her list.

Try a strategy—Let your youngster practice a key test-taking strategy in a stress-free way. Make up imaginary questions like "What is a unicorn's favorite food?" List answer choices, including one that's "right" (A: rainbow sprinkles), one that seems wrong (B: coal), and two that sound possible (C: pasta, D: pizza). While the question isn't real, the strategy is—discard any obviously wrong answers, then weigh your first instinct against the remaining choices.

Practice keyboarding—If your child will take tests on a computer, help her work on keyboarding. She might type a story she wrote or email a relative, for instance. She'll practice typing, using special keys (shift, enter), and pointing and clicking the mouse on commands (save, send). *Tip:* No computer at home? Head to the library where she can use one for free.

Anxiety in children

Q: I've been hearing about kids being diagnosed with anxiety disorders. My son tends to worry a lot. How can I tell the difference between normal worrying and a serious problem?

A: Some anxiety is just part of everyday life. For example, it's perfectly natural if your child is nervous about giving a speech in class or worries that a friend is angry with him over a disagreement. With an anxiety disorder, those feelings interfere with daily life. Talk to your son's doctor if you notice any symptoms, which include difficulty sleeping, loss of appetite, unexplained stomachaches or headaches, irritability, trouble concentrating, and avoiding regular activities. If the doctor suspects an anxiety disorder, your child may be referred to a therapist who will work with him on new ways to react to things that worry him.



Worth quoting

"The beautiful thing about learning is nobody can take it away from you."

B.B. King



Family Resource Center

One way Title I helps our school is by having resources available to help students reach their full potential. TCE has one of the best family resource rooms in the county. From flash cards to Leap Frogs, we have something your child will love. These items make learning fun and exciting. Be sure to call or come by and check something out!

Math Facts or Reading Fluency?

We can help you!

A Parent/Guardian may request a parent/teacher conference anytime throughout the school year.

Please contact your child's teacher for scheduling parent/teacher meetings.

If you have questions or concerns regarding how Title I money is spent, please contact the Principal or Parent Involvement Coordinator.

**DON'T MISS
HEARING ABOUT THE...
"PLACES YOUR CHILD WILL GO" ...
IN CATOOSA COUNTY MIDDLE AND HIGH SCHOOLS!
MAKE SURE YOU KNOW THE OPTIONS FOR YOUR CHILD.**

WHEN: MAY 7 AT 11:00
WHERE: CATOOSA COUNTY LEARNING CENTER
WHAT: TITLE I DISTRICT ADVISORY COUNCIL (DAC)
WHO: DR. MATT MAYNER, SECONDARY SCHOOL COORDINATOR
MR. CHRIS LUSK, MIDDLE SCHOOL COORDINATOR

**GET YOUR FREE DR. SEUSS BOOK!
RSVP TO YOUR PIC**

Grab Your Hat & Read with the Cat

TCE is celebrating Dr. Seuss & Read Across America March 2-6.

Dress up with us on these special days to help us celebrate!



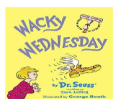
Monday, March 2: **My Many Colored (Mon) Days**

Wear as many colors as you can



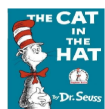
Tuesday, March 3 - **Fox in Socks**

Wear silly or mismatched socks



Wednesday, March 4 - **Wacky Wednesday**

Wear wacky clothes and/or hair



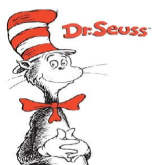
Thursday, March 5 - **Cat in the Hat**

Wear a Dr. Seuss hat or other hat



Friday, March 6 - **The Sleep Book**

Wear your pajamas



You're never too old, too wacky, too wild,
to pick up a book and read to a child!

~~~Dr. Seuss

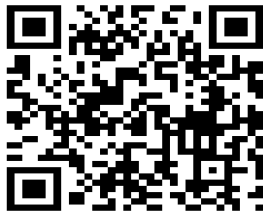


Welcome  
Spring



**We're on the web!**

**[www.catoosa.k12.ga.us/tce](http://www.catoosa.k12.ga.us/tce)**



**Tiger Creek Elementary**

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**The Best School in the World**

**Notes from Nurse Amanda**

**Focus on Healthy Eating**

There can be many challenges to getting your family to eat healthier: a busy schedule, a limited food budget and even a lack of interest. Here are a few *Healthy Eating Tips* taken from the American Dietetic Association's *Nutrition Fact Sheet*.

- Try to have at least one meal a day together. Children tend to eat more fruits, vegetables and dairy foods at meals shared with parents.
- Get the family involved in meal planning and preparation. Children are more likely to eat foods they have helped to prepare.
- Be a good role model. Healthy eating is a lifestyle, not a fad, and needs to begin at an early age.
- Try something new. Include one new food or recipe each week and you'll soon have some favorites to incorporate into your menus.
- Stock up on healthy snacks- crackers and peanut butter, cereal, fresh fruit, pretzels or plain popcorn- and you will be less likely to choose unhealthy options.
- Be prepared when dining out. Choose restaurants that allow you to mix food options to create a balanced meal. Think before you order.

Our *Tiger Care Health Center* has a nutritionist available to talk with you, your child or other family members who may need guidance with particular nutritional needs. Phone 706-516-1814 to reach *Tiger Care* or ask Nurse Amanda for more information.

**MILESTONES MATTERS!!!**

For information about the upcoming Milestones Testing for Grades 3, 4, & 5 visit our TCE Website and look for the GA DOE Parent Resource link! Then click on the Georgia Milestones Assessment System link. You can even take a practice test to see what your student will experience during testing!

**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated  
128 N. Royal Avenue—Front Royal, VA 22630

**JUST FOR FUN**

**Q:** "What do you get if you cross a porcupine with an alligator?"

**A:** I don't know, but you probably shouldn't hug it.

