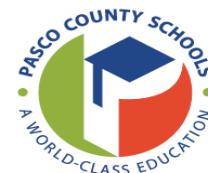


## Double Branch Elementary

**Vaughnette Chandler,**  
Principal

**Dr. Charlene Tidd,**  
Assistant Principal



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# RANCHER TIMES

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## Principal's Message

Hello Rancher Families!

I hope everyone had a wonderful spring break! Students and staff are gearing up for a strong finish to the school year. As you know, FSA testing for our intermediate students is happening this month. Please see more detailed information in this newsletter. A big shout out to all of you for helping to make sure our new campus security procedures were implemented smoothly! We appreciate your support with this important undertaking! Families, be sure to come by DBES on April 26<sup>th</sup> anytime between 5:30-8:00 pm for our Art Show/Ice Cream Social/PTA General Meeting. This is a wonderful time to visit and admire the work of our talented student artists here on the Ranch! Also, be on the look out for flyers about our various summer camps being offered. Thank you so much for all that you do!

*Mrs. Chandler*

### STEM Fair News

A big shout out to all students who participated in the DBES STEM Fair recently! All of the students did an amazing job presenting their projects! The judges were very impressed with the quality of the projects and the knowledge of our students! Way to go DBES Scientists!!! The following first place winners will represent our school at the district STEM Fair:

Nicholas Belyakov, Violet Ciaccio, Jordyn Edwards, Kaident Klingler, Catherine Sanchez, JJ Sheridan, Christopher Simpson, and Ellie Webster. Congratulations to our winners!!!

### Sunshine State Updates:

The students have been very busy reading and taking quizzes for the Sunshine State Young Reader's Award books. The following students have read and passed all 15 books!

#### Jr. Sunshine State:

Kindergarten: Keira Butler  
Second grade: Kaitlin Brewer, Avery Brown, Mathias Farfan, Saaya Felder, Collin Fuentes, Hailey Kean, Nolan Rekar, Natalie Weber.

#### Sunshine State:

First grade: Asher Perry  
Third grade: Veronica Garcia Cadme.  
Fifth grade: Malia Aviles, Sienna Hamilton-Grein, Hailey Knickrehm.  
Congratulations students, we are very proud of you! Mrs Bradarich & Mrs Bonomo

### John Long Middle School Round Up Carnival

Will your 5<sup>th</sup> grader be attending John Long Middle next year? You are invited to attend a Round Up Carnival on Friday, April 6 from 5:30 to 8:00 pm at John Long Middle School. There will be food, candy, carnival games and giant inflatables. Inflatables are free and large attractions are 2 tickets, while most carnival games are 1 ticket. Tickets are \$1 each, armbands grant access to all inflatables and some large attractions. Armbands are \$20 at the door and \$15 pre-sold thru midnight Thursday, April 5th to be picked up at a Will Call table on Friday. Here's the link to pre-purchase an armband for \$15.

<https://squareup.com/store/jlms-pts>

### Upcoming Events

- April 6  
All Pro Dad's Breakfast  
8:45 am
- April 9 & 10  
Quiet Campus  
Third Grade FSA Reading
- April 11  
Quiet Campus  
FSA Make Up Day
- April 11  
PTA Family Fun Night @  
Beef O'Brady's 4:00-9:00 pm
- April 13  
Spirit Day-College Attire
- April 16 & 17  
Quiet Campus  
Fourth Grade FSA Reading
- April 18 & 19  
Quiet Campus  
Fifth Grade FSA Reading
- April 19  
Second Grade Field Trip  
Crystal Springs  
10:00 am-1:30 pm
- April 20<sup>th</sup>  
Quiet Campus  
FSA Make Ups
- April 20  
Turn Around Student  
Breakfast  
9:00-9:30 am Media Center
- April 23 & 24  
Quiet Campus  
Fourth Grade FSA Math
- April 23  
SAC Meeting  
8:15 am Media Center
- April 25 & 26  
Quiet Campus  
Fifth Grade FSA Math
- April 25  
Kindergarten Orientation Night  
6:00-7:00 pm Cafeteria
- April 26  
Ice Cream Social/Art Show/  
PTA General Meeting  
5:30-8:00 pm
- April 27  
Relay For Life Hat Day &  
College Attire Spirit Day
- April 30 & May 1  
Quiet Campus  
Third Grade FSA Math &  
Fifth Grade FCAT Science

## PTA Junction – April 2018

Hello, Rancher families!

The PTA is looking for great volunteers to help us tackle some fun events and projects for the 2018-19 school year! If you'd like to get involved and would be interested in being a chair or on a committee, the list of events and projects is available on our PTA website and our Facebook page. Please email our Nominations Committee by April 8<sup>th</sup> with your interest at [dbesptanominations@gmail.com](mailto:dbesptanominations@gmail.com)!

Our last General PTA Meeting of the year will be held at 6:00pm on Thursday, April 26<sup>th</sup>, in the Cafeteria. We will vote on Executive Board nominations and will review our financials for the year.

Don't forget to mark your calendars for these events this month:

- April 11 – Family Spirit Night (Beef O' Brady's at Wiregrass)
- April 26 – Art Show/Ice Cream Social/General PTA Meeting (Double Branch)

Be sure to "like" our Facebook page (<https://www.facebook.com/DBESPTA/>) and bookmark our website (<https://dbespta.org/>) so you stay in the loop about everything going on at the Ranch!

Courtney Wine, PTA President

## FSA Assessments

Students in grades 3, 4, and 5 will have the opportunity to show what they know in reading, writing (4<sup>th</sup> & 5<sup>th</sup> grade only) math, and science (5<sup>th</sup> grade only) on the upcoming state assessments. Below are the dates that students will be testing. Please plan accordingly with doctor and other appointments for your child. We need to have 100% attendance on testing days. Please also be aware that on some of the testing days, students may test in either a morning or afternoon session, so schedules, including lunch times, may be adjusted that day. If you plan to visit campus to eat lunch with your child any time during the testing window, we ask that you come on non-testing days as testing days will be considered "Quiet Campus" days and no visitors are allowed. Thank you for your assistance with this!

## Test Dates and Times

FSA Writing (Paper based) 4<sup>th</sup> & 5<sup>th</sup> Grade:  
March 5<sup>th</sup>

FSA Reading (Paper based) 3<sup>rd</sup> Grade:  
April 9<sup>th</sup> & 10<sup>th</sup>

FSA Reading (Computer based) 4<sup>th</sup> Grade:  
April 16<sup>th</sup> & 17<sup>th</sup>

FSA Reading (Computer based) 5<sup>th</sup> Grade:  
April 18<sup>th</sup> & 19<sup>th</sup>

FSA Math (Computer based) 4<sup>th</sup> Grade:  
April 23<sup>rd</sup> & 24<sup>th</sup>

FSA Math (Computer based) 5<sup>th</sup> Grade:  
April 25<sup>th</sup> & 26<sup>th</sup>

FSA Math (Computer based) 3<sup>rd</sup> Grade:  
April 30<sup>th</sup> & May 1<sup>st</sup>

FCAT Science (Paper based) 5<sup>th</sup> Grade:  
April 30<sup>th</sup> & May 1<sup>st</sup>

## Guidance Corner

### Helping Your Child Manage Test Anxiety

What Is Test Anxiety?

Test anxiety is the uneasiness and tension that a child feels before, during or after a test due to uncertainty or fear of failure. Most children experience some level of anxiety during an exam.

A little nervousness can actually motivate a child to study and perform well.

### Physical Signs of Test Anxiety:

- butterflies in the stomach
- pain or upset stomach
- cold, clammy hands.
- sweaty palms
- feeling hot or cold
- headaches
- nausea
- feeling faint
- sleepless nights

### Emotional Signs of Test Anxiety:

- frequent tears or excessive crying
- feelings of anger and/or helplessness
- irritability
- becoming easily frustrated

### Suggestions to Help Students Overcome Test Anxiety:

- Make sure your child attends school regularly so that they are exposed to all the schoolwork that will be covered in the exam, and be part of the regular study review sessions provided by the teacher.
- Doing well on an exam is easier if a student has

been consistently completing school assignments, homework, and assigned readings along with participating in regular studying sessions.

Maintain a healthy lifestyle –

help your children get enough sleep, eat well, exercise, have some personal “down time” and a reasonable amount of social interaction.

- Create and maintain a routine at home that will help children to be well rested during regular school days as well as during the week of testing.
- Talk with your children and encourage them to do their best.
- Be well prepared for a test -avoid cramming -help your children develop good study habits and good test taking skills.
- Help your child develop a positive attitude towards test taking –help them develop a “can do” attitude.
- Build mental habits that help your child reduce anxiety –by teaching them to take deep breaths to calm themselves when anxiety levels are high.
- Encourage your child to engage in “thought stopping” techniques if you find that they are worrying excessively or comparing themselves to their peers.

#### **What Parents Can Do On Exam Day To Help Reduce Anxiety:**

- Help your child to prepare everything that they will need for the exam the night before—pen, pencil, ruler, eraser, calculator, etc.
- Do something fun on the night before the exam to distract them like playing a board game, watching a movie, or participating in a sporting activity.
- Set the alarm so your child can relax and get a good night sleep before the exam.
- Make sure they eat a healthy breakfast on the day of the exam, as the brain needs lots of energy to maintain focus. Foods such as eggs, cereal, fresh fruits and whole wheat toast help to energize the brain. Avoid foods that contain lots of sugar and caffeine like soda pop, cookies, as well as fatty junk foods.

#### **What Students Can Do On Exam Day To Help Reduce Anxiety:**

- Wear comfortable clothing.
  - Arrive at the exam early, prepared and focus on doing well.
- Be cautious about talking to other students about the exam material before going into the exam—especially those that have the tendency to generate

more anxiety.

- Think positive thoughts –

“I can do this” “ I have prepared well.”

- Sit in a location in the exam room where you will be least distracted.

- As the papers are being distributed calm yourself by taking some slow, deep, calming breaths.

- Make sure you carefully read any instructions on the exam.

- Focus on only the exam.

- If you feel anxious at any time during the exam, take a few minutes to calm yourself by deep breathing or stretching.

- If the exam is difficult, don’t panic, just focus on completing what you know, putting in your best effort, and not giving up.

- When the exam is over

– reward yourself with something special.

### **Upcoming Musical Events**

**May 2 and May 3:** Second and third grade students are busy preparing to present the musical entitled **“Pirates!”** Students have been hard at work during music class learning the songs and practicing their lines. The shows will take place on May 2 and 3 at 7:00 pm in the Double Branch Cafeteria.

**May 2:** The following classes will be performing: Gimmelvo, Rivera, Richard, Noble, Coffey, Toney

**May 3:** The following classes will be performing: Martel, Joyce, Dameron, Klauka, Baig, Garcia  
Come and join in the fun as we sail the high seas in this entertaining musical performance!

#### **May 17:**

Chorus and Orff Ensemble will present their annual Spring Concert. The concert will take place in the Double Branch Cafeteria at 7:00 p.m.

### **Box Top Information**

Our final collection of the year will be May 18<sup>th</sup>. Please clip and collect those box tops!



# Read Like a Rock Star



Camp Dates: June 4-June 29 from 9 am to 12 pm daily

\*(A four (4) week camp meeting Mon., Tues., Wed., and Thurs. all weeks)\* (**Camp is for any child in Grades K-5**)

Rock Star Readers and Whimsical Writers

Mrs. Ogden and Mrs. Lee, staff members of DBES, are excited to offer students a rocking camp experience that will work on both reading and writing skills. This four (4) week camp will have a total cost of \$100.00. During our rock star reading time, students will build fluency and comprehension skills. Another part of each day, students will be provided with a whimsical writing experience that develops strength and success using the writing process! **The camp will need at least 20 students per teacher to enroll or it cancels.** Please attach Check/Cash payable to DBES to this flyer and return to one of the secretaries in the main office at DBES. The secretaries will make sure your payment and this form get put in my mailbox. Student drop-off and pick-up will be done via the DBES car loop for this camp.

Student Name: \_\_\_\_\_

Parent Contact number: \_\_\_\_\_

Please return by: May 21st

(813) 346-0400