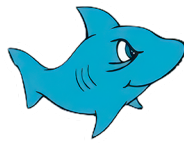


Happy Friday
4/14/2023



Hello South School Shark Families and Friends -

We had a very busy week at the South. Events included the MCAS for Grades 3 & 5, spring pictures and the week culminated with our first Fun Run prize - Glow Stick Dance Party with our very own DJ DiFunk (ELL Teacher - Mr. DiFante). Have a fantastic April Vacation next week and we look forward to seeing everyone back in school on Monday, April 24th!

MCAS Reminders:

Grades 3 & 5 completed ELA MCAS this week. Grade 4 MCAS will take place the week we return from vacation.

As a reminder, please make sure students are getting a good night's sleep on all nights but especially testing nights. Breakfast is available (daily!) in the cafeteria if students would like to eat at school. Our schedules are slightly altered for testing grades and other grades may be impacted by adjusted schedules as well. Take a peek at the **7 Things to Think about the Night Before an Exam** for some great pointers!

Updates from the PTO:

The South School Theater Program is looking for some items that you may have around your home. If you have any of the following please reach out to Ms. Buck. Any of these items would be greatly appreciated!

- White plastic tea cups and teapot.
- Lace Handkerchief
- Gong - Small to Medium sized with Mallet.
- Two old fashioned style picnic baskets
- Old Fashioned looking quilted blanket

Important Links:

[Building Project FAQs](#)

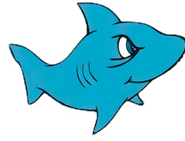
[Building Project Website & Updates](#)

[South School Calendar of Events \(Family edition\)](#) - Live Document, please check for updates

7 Things to Think About the Night Before an Exam
by @Inner_Drive
www.innerdrive.co.uk

- 1 POSITIVE IMAGERY**
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.
- 2 YOUR BEST PERFORMANCE**
Think about a previous good performance. What helped you do well that time and how you will apply that tomorrow?
- 3 YOUR PREPARATION**
Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.
- 4 FOCUS ON YOU**
Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.
- 5 THE CHALLENGE**
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.
- 6 OVERCOMING SETBACKS**
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.
- 7 A GOOD NIGHT'S SLEEP**
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.

Happy Friday
4/14/2023



Upcoming Events:

APRIL

April 17th - 21st

- School Vacation
(Classes resume - Monday, April 24th)

April 25th & 26th

- 4th Grade ELA MCAS

April 26th

- Admin Professional Day

MAY

May 3rd

- PTO @ 7pm

May 4th

- Early Thursday, Dismissal @ 12:20

May 5th

- Popcorn Friday

May 8th - May 12th

- Teacher Appreciation Week

May 9th

- Grade 3 Math MCAS

May 10th

- Grade 3 & Grade 5 Math MCAS
- School Nurse Appreciation Day

May 11th

- Grade 5 Math MCAS

May 12th

- Grade 3 & 5 Makeups

May 13th

- PTO - Red Sox Game

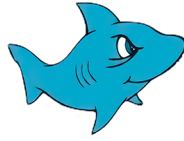
May 16th

- Grade 4 Math MCAS

May 17th

- Grade 4 Math MCAS

Happy Friday
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- School Council @ 3pm

May 18th

- Grade 4 Makeups
- Spring School Store

May 23rd

- Grade 5 Science MCAS

May 24th

- Grade 5 Science MCAS

May 25th

- Grade 5 Make Ups
- Grade 3 Field Trip: Plimoth Patuxet

May 26th

- Grade 5 Make Ups
- Afterschool Group Theater Performance - Time: TBD

May 29th

- Memorial Day - No School

May 30th (Tentative: Goal for FunRun)

- Camp Maplewood

May 31st

- Camp Maplewood (Rain Date)

Have a great weekend and a wonderful vacation! ~ Mr. Dore