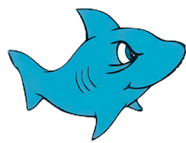


Happy Friday
4/7/2023



Hello South School Shark Families and Friends -



We had a very busy week at the South. Events included the SHARK Student of the Month Assembly on Monday, Fun Run on Tuesday, our Kindergarten & Grade 1 Concert on Wednesday and our Grade 2 & Grade 3 Concert today. We were treated to some unbelievable performances from our students! A huge thank you to Mr. Curley and Mrs. Montgomery for providing such wonderful instruction and preparation for their performances!

MCAS Reminders:

Next week MCAS begins for Grades 3 & 5 (4th Grade right after break!).

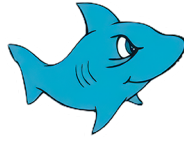
Please make sure students are getting a good night's sleep on all nights but especially testing nights. Breakfast is available (daily!) in the cafeteria if students would like to eat at school. Our schedules are slightly altered for testing grades and other grades may be impacted by adjusted schedules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

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
4/7/2023



Updates from the PTO:

The PTO would like to thank this incredible community for the generous support, for and through the FUn RUn! With donations still filtering in, the Fun Run has brought in nearly \$60,000 (altogether), thanks to the variety of ways people contributed. This will fund school-wide enrichment programs, extracurricular activities, field trips, classroom needs and all the extras that bring the Shark Community to LIFE!

Next PTO Meeting: Wednesday, 4/12 @ 7pm

Important Links:

[Building Project FAQ's](#)

[Building Project Website & Updates](#)

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

Upcoming Events:

APRIL

April 11th & 12th

- 3rd Grade ELA MCAS

April 12th & 13th

- 5th Grade ELA MCAS

April 12th

- School Council @ 3pm
- PTO @ 7PM

April 14th

- LifeTouch Spring Pictures (No Retakes)
- Popcorn Friday

April 17th - 21st

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

April 25th & 26th

- 4th Grade ELA MCAS

April 26th

- Admin Professional Day



Have a great weekend! ~ Mr. Dore