



A MESSAGE FROM OUR PRINCIPAL, MS. METZLER

I hope everyone had a great spring break!

We are approaching testing season. Teachers are beginning to reteach content that your child may need and prepare students to reach their potential on the state FAST/STAR assessments. Attendance is an important part of this work. Please do your best to ensure your child is here every day.

Reminder: If your child has more than 5 absences, we will not excuse an absence without a doctor's note.



Student Spotlight

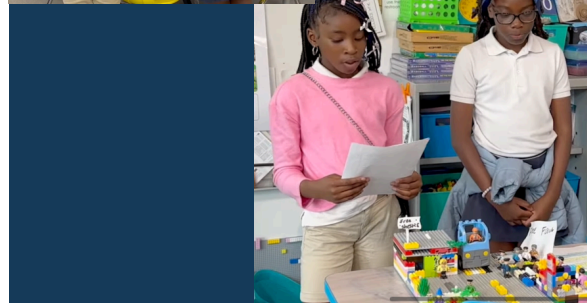


Our Tampa Heights Navigators have made a remarkable impact through their Global Goals projects, demonstrating leadership and commitment to a better world. Kindergarten focused on Life Below Water SDG 14. They campaigned passionately to keep our water and oceans clean, raising awareness about pollution and advocating for responsible environmental practices. Fourth grade took action to build sustainable cities, incorporating innovative ideas to promote eco-friendly urban development. Their hard work and dedication highlight the power of young leaders in creating meaningful change for our planet!

Teacher Spotlight

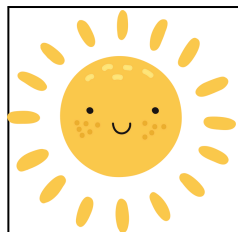


Ms. Perrelli makes learning an exciting adventure at Tampa Heights! She keeps her students engaged with creative lessons, a supportive environment, and plenty of fun along the way. Beyond academics, she nurtures her students emotionally, always offering encouragement and a listening ear. We love her kind, silly spirit and are so grateful to have her guiding us every day!



TAMPA HEIGHTS MAGNET ELEMENTARY

IMPORTANT UPCOMING DATES



April 2025




		1	2 Spring picture retakes KG grad pictures	3 Grades 4/5 FAST writing assessment	4	5
6	7	8	9	10	11	12
13	14 K/1 hearing screening	15 6pm SAC 6:30pm PTA	16	17	18 Non- Student Day	19
20	21 Q3 Awards Ceremony 9am	22 Earth Day	23	24 4-6pm conference night	25	26
27	28	29	30			



Student Services



Here are some naming emotions activities you can do with your student.



2.6 FAMILY CONNECTION!

FAMILY MEMBERS READ THIS:
Your adolescent is learning to identify and name emotions. Help him or her learn to identify and name emotions by discussing typical situations that arise at home and the emotions that accompany these situations. Discuss together the situations, the range of emotional responses possible, and the benefits of being able to identify and name feelings.

Talk It Out!

NAMING EMOTIONS

REMEMBER

<input type="checkbox"/> anxious—nervous, worried, and/or concerned	<input type="checkbox"/> ecstatic—delighted, extra happy
<input type="checkbox"/> apologetic—sorry for something	<input type="checkbox"/> exhausted—extra tired
<input type="checkbox"/> bashful—shy or self-conscious	<input type="checkbox"/> frightened—scared or alarmed
<input type="checkbox"/> bored—uninterested in or tired of an idea or activity	<input type="checkbox"/> grieving—sad about something that has died or left
<input type="checkbox"/> cautious—careful or thoughtful	<input type="checkbox"/> happy—content, satisfied
<input type="checkbox"/> determined—strong-minded and controlled	<input type="checkbox"/> hurt—upset or offended by something
	<input type="checkbox"/> interested—curious or attracted to something
	<input type="checkbox"/> irritated—annoyed or aggravated
	<input type="checkbox"/> jealous—feeling bad someone else has something you want
	<input type="checkbox"/> pained—saddened or hurt
	<input type="checkbox"/> shocked—surprised

LET'S DO THIS!
Practice identifying and naming emotions with a family member. Talk about descriptive words that most accurately describe emotions in a variety of situations.

After practicing and discussing emotional responses with your family member, answer the following questions:

What situations did you identify that can trigger emotions in you?

What emotions were you able to identify and name? What different ones were possible for the same situation?

What will be the benefit to you and your family as you learn to identify and name your emotions with more description and accuracy?

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Naming our emotions is a powerful strategy for understanding and managing how we feel. When we put our feelings into words, we gain clarity and control, making it easier to express ourselves and find healthy ways to cope. Recognizing emotions helps us build self-awareness, improve communication, and develop stronger emotional resilience. By simply naming what we feel, we take the first step toward understanding and handling our emotions in a positive way.

Leader In Me

Try setting a personal or academic goal and tracking your goal for the month of April!



We have successfully completed all of our habit focuses, demonstrating growth and commitment along the way. Now, as we move forward, we will return to our first three habits, with a special emphasis on Habit 2: Begin with the End in Mind. As we approach the end-of-year testing, it's important to set clear goals, visualize success, and stay focused on the steps needed to achieve our best results. By keeping our end goals in mind, we can make intentional choices that lead to success, ensuring we finish the year strong and prepared for the challenges ahead.