

VOLUME 6 • MARCH 2022

STUDENT SERVICES

KIMBELL ELEMENTARY MONTHLY NEWSLETTER

HELP KIDS WITH TEST ANXIETY

BY STUDENT SERVICES

Test Calming Strategies

Hi students and families! Testing season has arrived. Here are some strategies to try to help calm your brain and body before your test! These can be done at school, home, or even on the bus!

- Controlled breathing
- Grounding strategies
- Muscle tension release

TAKE A
DEEP BREATH



Things I Can Control

While we can't control much about the actual test, there are definitely things we can control to help ourselves feel prepared! Families can help students develop a plan for:

- Things they will do to get organized the night before the test (packing their lunch ahead of time, packing their backpacks, laying our clothes)
- A calming activity they will do the night before the test
- Going to bed on time
- Getting up on time
- How they will get to school and when they will arrive
- A healthy breakfast they can ask to have or plan to get to school on time for breakfast
- Something positive they will say to themselves before the test



BY MS. NEHILA, SCHOOL SOCIAL WORKER

Website:
<https://cfctb.org>

Supporting Every Child, Every Family

Every parent needs help from time to time. We offer services for every family, from those who just need a little extra help to those who are deeply struggling with risk factors like substance abuse, health issues, domestic violence, financial hardship, or chronic stress. Regardless of the circumstance, we help parents and caregivers to become the best they can be so their child develops into the best person they can be — healthy, happy, productive members of society.

Some Programs Offered:

Positive
Parenting &
Partnership

Healthy
Families

Family
Learning
Center

Parents
as Teachers

Find Your Program

Not sure what program or service you need? Call our Parent Warm Line at 813-673-4646 ext. 7 and someone from our knowledgeable staff will help you determine what best suits your family's needs.

SCHOOL COUNSELING UPDATES!

BY MS. HOLSEY, SCHOOL COUNSELOR

For the month of March, students will continue learning the 7 habits and how they can use the habits to be successful in the classroom. February's habit focused on "Synergize: Together Is Better." **In March**, we will be focusing on **Habit 7, Sharpen the Saw**. We will be awarding a student from each grade level with the **Caught being a Leader** character award.