



# South Tampa Academy @ Monroe Middle

**WHERE LEADERS BEGIN THEIR JOURNEY**



South Tampa Academy @ Monroe is a Candidate School\* for the MYP Program. This school is pursuing authorization as an IB World School. These are schools that share a common philosophy—a commitment to high quality, challenging, international education that South Tampa Academy @ Monroe believes is important for our students.

\*Only schools authorized by the IB Organization can offer any of its four academic programmes: the Primary Years Programme (PYP), the Middle Years Programme (MYP), the Diploma Programme, or the Career-related Programme (CP). Candidate status gives no guarantee that authorization will be granted. For further information about the IB and its programmes, visit [www.ibo.org](http://www.ibo.org)

**Charger Newsletter**

**May 2022**

## Principal's Message

I would like to take a moment to thank the South Tampa Academy @ Monroe Middle Magnet families for their flexibility as we have moved through this unprecedented year. We truly couldn't have done it without the support of our amazing families.

We had a successful month in April conducting the FSA Writes test for all three grade levels. Students will complete the rest of their testing in May. The testing schedule is on page 2 of this newsletter.



Families can go to the link below to obtain more information about state tests, and for students to practice breaking down questions.



## In this Issue

- May Testing Calendar
- Test Taking Tips From Our Instructors
- The Importance of Test Preparation and Other Tips
- Social Emotional Learning
- Canvas Resources
- PTSA Resources & Announcements
- Upcoming Spirit Night at Chipolte





## PLEASE NOTE

### FSA Reading Testing Schedule

6th Grade, 7th and 8th grade will test on the same days.

**Tuesday, May 3th & Wednesday May 4th**

### FSA Math Testing Schedule

6th Grade, 7th and 8th grade will test on the same days.

**Tuesday, May 10th & Wednesday May 11th**

### Algebra EOC

### Exam Schedule

**Tuesday, May 10th**

**&**

**Wednesday May 11th**



**Please make sure your student is on time.**

**Tests will be conducted immediately after Homeroom.**

### 8th Grade Science Test Schedule

**Tuesday, May 17th**

### Civics EOC

### Exam Schedule

**Tuesday, May 17th**

### 3 TUTOR TIPS TO OVERCOME TEST-TAKING ANXIETY

1. **FOCUS ON BREATHING**- While concentrating on your breathing may sound too simple to be useful, deliberately taking deep breaths relaxes your muscles and helps regulate your blood pressure. Close your eyes and slowly take three deep breaths, exhaling fully before beginning again. Besides helping you to relax, the increased oxygen flow from deep breathing energizes your brain as well.
2. **PREPARE EFFECTIVELY**- Test-taking anxiety can result from feeling inadequately prepared for the exam. Take control of test preparation by writing down a schedule with attainable goals to meet before the big day. Breaking down the material into pieces can help you feel that you're making progress which boosts your confidence going into the exam.
3. **VISUALIZE SUCCESS WITH POSITIVE SELF-TALK**- Visualizing is an effective strategy to help you reduce your stress levels. Close your eyes before beginning the exam and imagine yourself succeeding. Tell yourself you know the answers. Tell yourself you are smart and can figure anything out. This practice of visualizing your success before the test can help reduce your anxiety and has been scientifically proven to get better test scores.

# Test Taking Tips by Subject to Review with Your Student Before each Test

## FSA Writes (6th-8th graders)

- ⇒ Unpack prompt carefully to know type of essay and subject topic.
- ⇒ As you read, take notes or underline evidence that BEST supports your claim.
- ⇒ Read/review the text features (charts, pictures, captions, etc...) within the text set.
- ⇒ Plan your essay before you start writing.
- ⇒ Reread your essay once finished to check for mistakes.
- ⇒ Look for ways to make your essay better. (vocabulary, transition words, strong verbs, punctuation, etc...)



## FSA Reading (6th-8th graders)

- ⇒ Read text set carefully. Do not skim!
- ⇒ Read/review the text features (charts, pictures, captions, etc...) within the text set.
- ⇒ Use context clues for vocabulary you do not know.
- ⇒ Text mark and take key word notes as you read.
- ⇒ Unpack questions to know what is being asked and where to look for the answer. (Some questions only refer to a specific passage or paragraph.)
- ⇒ Narrow answer choices by eliminating answers you know are incorrect.



## Civics EOC (7th- some 8th grade)

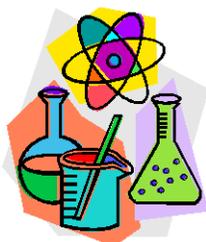
- ⇒ Complete ALL of review packet.
- ⇒ Study review packet & uploaded power point uploaded on Canvas.
- ⇒ Study "Civics Guide" teacher gave you.
- ⇒ Take your time & answer every question.
- ⇒ Get a good night's sleep the night before.
- ⇒ Relax! You've got this!

## Algebra EOC 8th graders & FSA Math (6th-8th graders)

- ⇒ Eliminate choice you know are wrong. Either too high or too low.
- ⇒ Put a dash next to choice that you may want to consider.
- ⇒ Cover all the choices. Then read the question and work it out.
- ⇒ Answer questions & then see if your answer matches one of the choices.
- ⇒ If it is a word problem, read the answer choices first, and then the word problem. This will allow you to be somewhat familiar with what you need to look in the problem.
- ⇒ Read question twice. Underline what question is asking for and key words as you read.
- ⇒ If you do not know what to do circle/mark problem to come back to later. You might be reminded of how to do problem by another question.
- ⇒ "Plug & Chug"- If it is an equation, "plug" in the multiple choice answers & work it out.



## FSA Science Tips for Studying (8th graders)



- ⇒ Identify struggle concepts & Use tutorial lessons in CPALMS.org to review.
- ⇒ Practice identifying trends & patterns in graphs and data tables.
- ⇒ Identify what question is asking you & what information you need to know versus what is extra.
- ⇒ If there is a chart, graph or diagram associated with the question, use it to eliminate answer choices.

# Study!

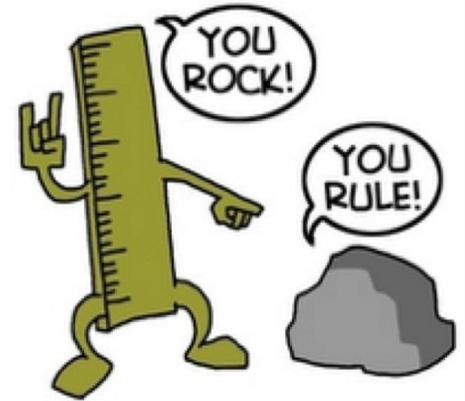


## The Importance of Test Preparation



When you intentionally take time to prepare for a major test it gives you a chance to sharpen your skills in order to be successful. Preparation isn't just about curriculum. You can increase your score by ...

- ⇒ strategically narrowing answer choices
- ⇒ understanding how questions are structured in order to help ensure you know exactly what is being asked and where to find that answer.
- ⇒ timing yourself as you practice sample practice sections of the test.



**No matter what test a student is taking they need to...**

- ⇒ **Get a good night's sleep!**
- ⇒ **Eat a healthy breakfast!**
- ⇒ **Listen to all the directions given by the test administrators!**



### Resources

#### Math Homework Hotline

[https://  
www.hillsboroughschools.  
org/mhh](https://www.hillsboroughschools.org/mhh)

#### Khan Academy

[https://  
www.khanacademy.org/](https://www.khanacademy.org/)

#### Achieve

[https://  
portal.achieve3000.com/  
index?step=2](https://portal.achieve3000.com/index?step=2)

## Upcoming Events

- 4/26 Flag Football vs. Madison  
@ Madison (5:30pm)
- 5/3 Reading FSA
- 5/4 Reading FSA
- 5/10 Math FSA & Algebra EOC
- 5/11 Math FSA & Algebra EOC
- 5/4 PTSA Meeting (8:30am)
- 5/5 Band Concert @  
Robinson HS (5:00pm)
- 5/17 Civics EOC
- 5/17 Science State Assessment
- 5/27 Last Day of School  
Early Release



Please also remember grades, assignments and messages from teachers can be found for each class in Canvas.

Don't have a parent log in for Canvas? Don't worry. It's not too late. Go to <https://sdhc.instructure.com/courses/36524> for detailed instructions on how to sign up and use Canvas.

## Let's Celebrate our Awesome Band !

The Monroe Charger Symphonic Band went to their Music Performance Assessment on March 9th. This is where the band prepares 3 pieces of music selected from a pre - approved list and performs them for a panel of judges. The goal of the event is to showcase all the things the band has learned, up till that point.

While they have faced many challenges this year with everything going on, the band earned two Superior ratings and two Excellent ratings. Superior being the highest rating you can earn. This is the highest rating the school has received since 2015. The band is well on its way to becoming the strongest program we have had at Monroe in a very long time!



# Charger Life



**PTSA sells snacks every Friday after school!**

**Everything is a \$1:00!**

## [Additional Resource Links](#)

South Tampa Academy @ Monroe IB Candidate Magnet Information

<https://www.mysdhc.org/Page/5705>

IB Middle Years Programme Information for Parents

<https://www.ibo.org/information-for-parents/myp-for-parents/>

Frequently Asked Questions

<https://www.mysdhc.org/Page/5707>



To join our PTSA contact

**Monica Pintur**

**presmonroe-  
middleptsa@gmail.com**

To Learn More About



PTSA Initiatives Follow

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Monroe Middle PTSA

Twitter

@AcademyMonroe

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## To Purchase Spirit Gear

[https://  
monroe-  
middleptsa.new.memberhub.  
store/store](https://monroe-middleptsa.new.memberhub.store/store)