

# Cougar Connection

## Upcoming Events:

Date of Event and what the event is.	Time of the Event & Location.
April 4th—School Librarian	
April 10th—STAAR Writing for 7th grade and STAAR Math for 8th grade	
April 11th—STAAR Reading for 8th grade and STAAR Math 8th for all Math 7th P-AP	
April 13th—8th grade Science Blitz	
April 13th—Wear purple to support our military families	
April 15th—National Volunteer Week	
April 17th—7th Grade Social Studies CDB #2	
April 17th—Choir Awards Show	6:00 @ Café.
April 18th—7th Grade Science CDB #2	
April 18th—NHHS Induction Ceremony	6:00 @ Café.
April 20th—End of the 5th 6 weeks (29 days)	
April 21st—Orchestra performing at Guerra Library	1:00 @ Guerra Lib.
April 21st—Choir performing @ ArtFest	
April 22nd—Earth Day!	
April 27th—Staff and Student Holiday Battle	

## A Note from the Principal....

Greetings, Parents and Families of Anson Jones Middle School!

Strong attendance is as important to your child's school career as the foundation is to a house. Without it, there is nothing to build on. Here are some of the many important reasons your child must be in school:

- **School attendance is the law.** Every school district requires students to attend. The only exceptions are illness, family emergencies and religious obligations.
- **Missing school affects classroom performance.** Most students have trouble keeping up if they miss more than a few days.

### Counselors' Corner

What is test anxiety? Test anxiety is brought on by feeling nervous before a test. Some students exhibit symptoms like fast heart-beat, headache or nausea. Here is what you can do to stay calm in the days leading up to and during your test.

#### Test anxiety tips for parents and students:

- **Be prepared.** Review what you do not know, stay for tutoring, re-read some problem areas.

- **Peer relations often get started at school.** A student who misses school may have fewer friends.

To aim for top attendance:

- **Tell your child that school is important to you and your family.** You expect him/her to be in school.
- **Support school rules and consequences** for skipping class and being tardy.
- **Make sure your child eats healthy foods** and gets enough sleep and exercise to avoid frequent absences due to illness.
- **Do not accept excuses** for why your child "must" miss or be late for school.

- **Avoid scheduling family trips and medical appointments** during school hours.

Next week we will begin our STAAR testing for our 7th and 8th grade students. It is critical that your child arrive on time. Make sure that your child gets plenty of rest the night before and eats a healthy breakfast the day of testing. We appreciate your support!

Thank you!  
Michella Wheat  
Principal AJMS



- **Get a good night sleep.** This is a good time to re-enforce bedtime rules, no phones or technology after 10:00 p.m. or earlier. Ensure your child is well rested and ready to take that test in the morning. No Excuses!

that healthy breakfast is served daily at school before 8:00 a.m.

- **Eat a healthy breakfast.** Eat a nutritious breakfast that provides energy for the body and mind. Remember

- **Get to school on time.** Students who feel rushed or late often start off with anxiety,; avoid this by being on time.

- **Positive self-talk.** Think, feel, act—if you think you will pass, you will feel confident and calm and will do better at taking the test.