



# Crabapple Middle School

## Friday Notes

### March 31st –April 4th

[www.crabapplemiddleschool.org](http://www.crabapplemiddleschool.org)



#### MARK YOUR CALENDAR

April 3	Georgia Heritage Day
April 7-11	SPRING BREAK-NO SCHOOL
April 17-23	CRCT Testing Window
April 25	Olympic Opening Ceremonies

#### CRCT Testing Information

The schedule for the spring CRCT is as follows:

April 17	Reading
April 18	Language Arts
April 22	Math
April 23	Science
April 24	Social Studies

Attendance is of primary importance! Please do not schedule any appointments that week and make sure your child is on time for school each day. Students must be seated in homeroom by 8:25am daily to ensure optimal testing time.

#### PTA Slate of Proposed Officers Announced

There will be a General Membership meeting on April 14th to vote on the PTA positions listed below:

Co-President	Jill Simone
Co-President	Julie Doucet
Secretary	Sherri Beckwith
Treasurer	Carla Coe
VP Advocacy	Mary Cernilli
VP Communications	Sally Waitley
VP Community Relations	Meghan Saunders
VP Events	Kim Nolte
VP Parent Involvement	Deb Carstens
VP Ways & Means	Sheila Vahey

#### Wellness Extravaganza

The Roswell North Fulton Community Coalition, Roswell High School and the Family Prevention Resource & Learning Center @ Zion are sponsoring a Wellness Extravaganza on May 10th from 8:00am-1:00pm at Roswell High School. This event includes a 5k run/walk, starting at 8:00am along with free food, health screenings, entertainment, workshops and games. Contact Reene Williams or Raul Banda at 770)993-0207 for more information.



#### Lost & Found is Overflowing

Lost and found items, including shoes, jackets and other articles of clothing, and lunch boxes are located on the gym stage. We have several large boxes of items. Please have your child go by and see if any items belong to them. Everything will be sent to North Fulton Charities in the near future.

#### 8th Grade Dance

Plans for the 8th Grade Dance are in full gear with the booking of a disc jockey, ideas for delicious food and wonderful decorations. Permission slips are in the front office and available on the website as well. We are looking forward to having our 8th graders experience a memorable night on May 22nd. Complete your permission form and attach a donation for \$25.00. The committee is also looking for volunteers. Contact Karen Faber at [KSFaber@aol.com](mailto:KSFaber@aol.com) if you would like to be a part of this wonderful event.



#### Town Hall Meeting Regarding Underage Drinking

Family Prevention Resource and Learning Center @ Zion , Inc. and Roswell North Community Coalition will sponsor a Town Hall Meeting on April 3rd at Roswell High School from 6:00-7:30pm on Underage Drinking. This meeting is part of a national effort to get the prevention message out that kids are drinking at a younger age with more profound effect on their development and a greater incidence of addiction. Alcohol use threatens the safe and healthy development of more young people than any other substance—even more than tobacco and illicit drugs.

#### Orchestra Students of the Month

Congratulations to the following students of the month in Orchestra who showed exceptional 'Husky Pride':

6th	Yu Choi
	Siobhan Slaney
7th	Hamish Dallaway
	Trevor Bragg
8th	Taylor Darden

#### Love & Logic Parent Training

Mountain Park Elementary School will be hosting a seven week parenting course, Love & Logic, April 1 - May 20 from 7:00pm-9:00pm. The cost is \$65 per person or \$90 per couple. This parenting program is designed to give parents practical skills to feel more confident and prepared to deal with various issues. Contact Sharon Egan at 770)645-5981 in you would like to register.

# CMS Lunch Menu

Hot wings are back on the line Tuesdays and Thursdays.

<b>Monday</b>	Vegetable Soup, Grill Cheese Sandwich, Chicken Tenders, Beef Enchilada, Deli Sandwich, Various Salad Plates
<b>Tuesday</b>	Roasted Turkey, Cheese Pizza, Taco, Deli Sandwich, Various Salad Plates
<b>Wednesday</b>	Meatloaf, Pizzas, Nachos Grande, Deli Sandwich, Various Salad Plates
<b>Thursday</b>	Oven Fried Chicken, Cheeseburger, Pepperoni Pizza, Deli Sandwich, Various Salad Plates
<b>Friday</b>	Fish Tenders, Grilled Chicken Sandwich, Gordita, Deli Sandwich, Various Salad Plates

## COACH'S CORNER

*Mimi Gamel—Graduation Coach*

Dear Parents,

CRCT testing is going to be here before we know it. Here are some interesting tips that we can follow as parents before the test, the day of the test, and after the test. The students have all been working very hard to review and practice their skills. Also the teachers have been providing extra help sessions to ensure everyone has had every opportunity to work individual students to increase the probability of success. These tips work with all tests, not only CRCT and/or EOCT. Major unit tests and quizzes are just as important.

## Successful Test Taking Strategies

### The Night Before The Test

1. Make sure your child doesn't go to bed angry. As a family, plan ahead to stay away from problems before the test; for example, it would help to avoid talking about a child's overuse of the phone or avoidance of chores. Your child could stay upset about the argument and not do as well on the test.
2. Keep the rules of the house. Stopping normal discipline or upsetting the usual routine of the home may confuse your child. This may affect how well your child can perform the next day.
3. Consider talking about the test to reassure and encourage your child. At the same time, don't dwell on the subject, as you may cause your child to worry unnecessarily. Let your child know that you know tests can be hard, but that taking them provides a chance to show how well he or she can do. The test will help the teacher understand what your child needs to learn.
4. Be encouraging. If you say, "You'll probably blow this one," your child will expect failure.
5. Consider playing an educational game like Scrabble or 20 Questions to help a child get into the testing spirit.

### The Morning Of The Test

1. Have your child get up early enough to avoid hurrying.
2. Being on time for school is important.
3. Have your child eat a good breakfast--but not a heavy one. Don't force a child to eat, though. If he or she is nervous, too much food can cause illness.
4. Have your child dress in something he or she likes, that others like, and that is familiar. Being comfortable is important. New clothes or new shoes that pinch will be distracting.
5. Don't appear unconcerned about the testing. While your child needn't be afraid of tests, he or she needs to understand the importance of testing. Be positive when you send your child to school. Let the child know that you understand that tests can be hard, but that they are not designed to "punish" him or her. Tests are very much for showing what your child needs to know as well as what he or she already knows.

### After The Test

1. Reward your child for trying hard on the test. You might treat him or her to a special dinner, or allow an extra half hour of TV. Punishment for doing poorly will only hurt, because the test itself was punishing enough if he or she had a hard time.
2. Talk with your child about what was learned from the test. What would he or she do differently if the test could be taken over?
3. Talk with your child about what can be done between now and the next time a test is given, such as trying harder with homework or listening more closely in class.
4. Please don't hesitate to discuss with the teacher any questions that you or your child have about testing. Think about how you can help your child better next time! Keep these "tips" handy for future use!