



HEMBREE HIGHLIGHTS

FROM THE DESK OF KALPANA RAJU

JANUARY 27, 2012

Dear Parents,

I was walking down the hallway this morning when a second grader came running up to me and wrapped his arms around me! I hugged him back and he gave me a huge grin and said, "I love this school!" It meant so much to me coming from a child. When I read the newsletters from the PTA, and e-mails from the middle schools, I know we're doing things right and preparing our students well... We are providing a nurturing environment with high expectations. Last week, I had a student who is now attending UGA sent me this note:

"This is Mina Ghobrial. The school seems exactly the same, except everything seems smaller... naturally. I have shared wonderful memories at this school and being back now at the front desk as a "visitor" makes me quite nostalgic. A quick update: I am currently in the honors program at UGA majoring in microbiology and religion. I aspire to matriculate into medical school post under-graduate studies. I pray for the continued success of this school."

These are the joys of teaching at Hembree Springs. I am so proud of my staff and students, and grateful that we are part of this community!

I hope to see you tomorrow night in our courtyard to observe the moon and stars! Check Mr. Tavel's website www.mrtavelclass.weebly.com for last minute weather related cancellation of this event.

Kali Raju

MARK YOUR CALENDAR

- February 2 Center for Puppetry Arts – 1st; 8:45 a.m.
Teaching Museum – 4th; 9 a.m.
Rising 6th Grade Parent Coffee at Elkins Pointe MS; 10 a.m.
Chorus Rehearsal; 2:20 p.m. to 3:30 p.m.
Fulton County Spelling Bee @ Mount Olive Elementary; 5 p.m.
- February 4 Saturday Night Under the Stars
- February 6 National School Counseling Week
- February 8 LSAC Meeting; 7:30 a.m.
- February 9 Chorus Rehearsal; 2:20 p.m. to 3:30 p.m.
- February 10 1st/2nd Grade Science Day
- February 14 FCBOE Pre-Board Mtg @ Admin Center; 5 p.m.
- February 15 PTA Staff Appreciation Luncheon; 10:30 a.m. to 1 p.m.
- February 16 Box Tops Are Due
Chorus Rehearsal; 2:20 p.m. to 3:30 p.m.
No Extended Day Classes
- February 17 Student/Teacher Holiday - No School
- February 20 President's Day – No School
- February 21 No Extended Day Classes
Linda Schultz Community Meeting @ Mimosa; 9:30 a.m.

JOIN THE ELKINS POINTE PTA

The Elkins Pointe Middle School PTA is looking for fresh faces to help out in the 2012-2013 school year. Jenny Hudson is chairing the PTA nominating committee. Please contact Jenny at jdhudson@comcast.net if you are interested in getting involved. PTA is one of the best ways to get involved in your child's middle school year.

SATURDAY NIGHT UNDER THE STARS

All of the Hembree Springs community, including all students, staff, friends, and family are invited to the next TWO Hembree Springs Star Nights. We will meet in the courtyard on Saturday evening, January 28 and February 4, around 6:45 p.m., weather permitting. Please check out Mr. Tavel's website at www.mrtavelclass.weebly.com for weather updates.

On the evening of January 28, the moon will be a thin Waxing Crescent (29%) and a week later on February 4, it will have grown to a hefty Waxing Gibbous (85%) less than three days from full. Early in the evening, we should also have great views of Jupiter and Venus. Later in the evening, Orion will rise and with it some beautiful bright stars and nebulas. Hope to see you there!

WORKING TOGETHER TO LEARN AND GROW BEYOND OUR DREAMS!

**CSI MOBILE CRIME LAB COMING
TO HSES THIRD GRADE
Friday, February 24**

Rumor has it...On Friday, February 24, "a heinous crime of theft" will be committed during Third Grade Science Day. Parents, we need you to help our third graders investigate by completing fingerprinting and chromatography experiments to help solve the case. If you are able to help with conducting experiments on Friday, February 24, from 7:45 a.m. to 9:45 a.m., please contact Jane Sarphie at sarphdog@yahoo.com. Science Day is a fun-filled event for the kids and volunteers alike. No science (or police) experience is necessary. The PTA provides all materials, along with detailed instructions. If you would like to help the third grade solve their caper, please let us know ASAP!

**TEACHER AND STAFF APPRECIATION
LUNCHEON
Wednesday, February 15**

The next Teacher and Staff Appreciation luncheon is Wednesday, February 15. Send in your favorite Italian dishes, soups, salads and desserts! It doesn't have to be fancy, just a way to say thanks to our teachers and staff with your family's favorite homemade dish. Show them how much we appreciate them!

Please contact Stephanie Coelho at 678-522-0375 or by e-mail at stephanie.thirtyone@gmail.com if you can bring anything (a main dish, soup, salad, or dessert) or if you can volunteer the day of the luncheon. Please drop off your items no later than 10 a.m.

**COUNSELOR'S CORNER
Reducing Test Taking Anxiety**

Test anxiety is when a student excessively worries about doing well on a test. This can become a major hindrance on test performance and cause extreme nervousness and memory lapses among other symptoms. The following are tips on reducing test taking anxiety.

- ✓ Being well prepared for the test is the best way to reduce test taking anxiety.
- ✓ Space out your studying over a few days or weeks and continually review class material. Don't try to learn everything the night before.
- ✓ Try to maintain a positive attitude while preparing for the test and during the test.
- ✓ Exercising for a few days before the test will help reduce stress.
- ✓ Get a good night's sleep.
- ✓ Be on time for school so you won't have to worry about being late.
- ✓ Stay relaxed, if you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.
- ✓ Read the directions slowly and carefully.
- ✓ If you don't understand the directions on the test, ask the teacher to explain it to you.
- ✓ Skim through the test so that you have a good idea how to pace yourself.
- ✓ Do the simple questions first to help build up your confidence for the harder questions.
- ✓ Don't worry about how fast other people finish their test; just concentrate on your own test.
- ✓ If you don't know an answer to a question skip it for the time being (come back to it later if you have time), and remember that you don't have to always get every question right to do well on the test.
- ✓ If you're still experiencing extreme test anxiety after following these tips, talk with your school counselor.

For more information, visit <http://www.testtakingtips.com/anxiety/index.htm>

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