Dear Parents,

We were happy to have Curriculum Night for grades K-8 in August. It was well attended, and the feedback from parents and teachers was that the time and shared information was valuable. September will be a very busy month with Shark Writes, Pictures and much more. In October, we will host a K-1 Character Parade and look forward to seeing lots of parents in attendance. We enjoy providing activities that bring the community into our school. October will also mark the end of the 1st quarter. Be sure to check your child’s planner daily, and monitor their progress through Skyward. We value your partnership and know that it takes all of us to give your child a positive educational experience.

We welcome your involvement, either through the School Advisory Committee, Parent Teacher Organization, or volunteering. More information can be found on our website regarding these opportunities. Please check out the website for the new Florida assessments - http://www.fassessments.org. You can sign up to receive email alerts for any updates. There are also sample grade band assessments available. We are continuing preparing our students for success with the new assessments.

Eldrique Gardner, Principal
Follow me on Twitter @slwk8_Principal

Volunteers/Field Trips

It is School Board policy that ALL chaperones for field trips must be approved volunteers, which includes a complete background check. If a person shows up the day of the trip and is not an approved volunteer, they CANNOT attend the field trip.

The application is on-line. Please visit the district website http://www.stlucie.k12.fl.us/. From there you will see the tab for Apply for a Job. If you have never applied for a job with SLPS, tutorial on apply as a user. It is a step guide contact on who to you have any As part of application, you will need to scan and upload your Government Issued ID (driver’s license) in order to complete the application.

PLEASE REMEMBER, there can be up to 3 weeks processing time prior to approval, so please plan ahead.

Library Updates

The online card catalog is a great benefit to students, not only at school, but also at home. The home page on the card catalog offers students access to our online research sources all on one page. The catalog can be accessed from home at http://destiny.stlucie.k12.fl.us.

Gale Products
ID: sharks

United Streaming
Username: stluciestudent
Password: student

Newsbank
Username/password: stlucie

Please take advantage of all our valuable resources at this site. If you have any questions, feel free to contact the Media Center.

Lunch Payments Online

Payments can be made online for student meals.

From the District’s Homepage, select Online Payments. At the next screen, select Student Food. You will then be taken to the Family Access screen to log in.

Once you are on Family Access, you will be able to pay your child’s meals with a credit or debit card. You will also be able to view the history of your child’s meal account.

If you have any questions about your child’s meal account, please contact our Cafeteria Manager, Mrs. Henry, at 785-6646.

Like us on Facebook for the most up-to-date information about what is happening in our school!

Parent Drop-Off/ Pick-Up

The school day for students is from 9:30 am to 4:00 pm. Supervision is provided from 9:10 am to 4:15 pm. If someone other than the parent/guardian is signing out a child before the end of the school day, they must be at least 18 years old and be listed on the child’s emergency card. We will ask to see photo ID (drivers license).

Positive Behavior Support (PBIS)

The first PBIS event for the year will be in September and will be a Team event. The November event will be a school-wide event. Encourage your child to earn their SHARK cards so they can attend these fun activities!

Meal Applications

If you feel that you might qualify for free/reduced meals, you may fill out an application at any time during the school year.

- Just go to the School Board website www.stlucie.k12.fl.us
- Click on the Meal Application tab on the Home page
- Applications are processed within a few days.
K

K

First Grade Tangs—First Grade students are off to a great new beginning and are making a nice adjustment to their new grade level. The first grade teachers and the Shark family are very proud of how our first grade students are learning to follow the Shark and CHAMPS expectations. In Reading, they have been working on the short vowel sounds and are learning to identify the main topic and retell key details of a text. In Writing, they are learning how to write a topic sentence and include details in their writing. In Math, students are learning about two and three dimensional shapes. After creating cubes and pyramids using toothpicks and marshmallows, students identified and counted the number of sides and vertices of these shapes, now being sent home. For homework process, please review the homework menu each night with your child. Our teachers would like to thank our parents for coming out to curriculum night. We are very appreciative of all your help and support!

Second Grade Butterfly Fish—Second graders have been off to a great start this year! We have been focusing on a number of different strategies in math to help build fluency in addition and subtraction. Please continue practicing doubles facts, fact families and make a ten strategies at home. The math menu has great activities to help build on these skills. Second grade teachers have created a homework book which follows the reading skill of the week. We assign one page in order of the book pages will help phonics words, reading skills for assessments. We are here to help our students succeed! Please feel free to email us any time with questions or concerns.

2nd Grade Butterfly Fish—Second graders have been off to a great start this year! We have been focusing on a number of different strategies in math to help build fluency in addition and subtraction. Please continue practicing doubles facts, fact families and make a ten strategies at home. The math menu has great activities to help build on these skills. Second grade teachers have created a homework book which follows the reading skill of the week. We assign one page each night. These students practice vocabulary, and the upcoming lessons will help them learn new skills into our Science lessons throughout the year. Several classes have already started working on hands-on projects such as using visual features in text to build computers.

1st Grade Tangs—First Grade students are off to a great new beginning and are making a nice adjustment to their new grade level. The 1st grade teachers and Shark family are very proud of how our 1st grade students are learning to follow the Shark and CHAMPS expectations. In Reading, they have been working on the short vowel sounds and are learning to identify the main topic and retell key details of a text. In Writing, they are learning how to write a topic sentence and include details in their writing. In Math, students are learning about two and three dimensional shapes. After creating cubes and pyramids using toothpicks and marshmallows, students identified and counted the number of sides and vertices of these shapes, now being sent home. As homework process, please review the homework menu each night with your child. Our teachers would like to thank our parents for coming out to curriculum night. We are very appreciative of all your help and support!

Third Grade Stingrays—Third graders have been off to a busy start this year! We have been studying the government and how to be a good citizen. We read several books on citizenship including A Fine, Fine School and The Trial of Cardigan Jones. We have also been working on main idea and details, understanding characters, and using illustrations to help us understand what we are reading. In addition to reading, we have been focusing on different strategies in math such as rounding, place value, and adding and subtracting with and without regrouping. The third grade team is dedicated to making sure your child succeeds. Please feel free to email us any time with questions or concerns.

Fourth Grade Lion Fish—Fourth graders have been off to a busy start this year! In Social Studies, we have been studying geography and land forms. By the end of the fall we will be studying the Native American groups that lived in Florida prior to colonization. We have also been working on using visual features and inferencing in informational text and will continue to work on these skills in Reading throughout the year. In addition to reading, we have been focusing on different strategies in math such as rounding, place value, and adding and subtracting with regrouping. In October, we will focus on multiplication of large numbers and long division. We are learning and practicing the Scientific Method and will integrate these new skills into our Science lessons throughout the year. Several classes have already started working on hands-on projects such as using visual features in text to build computers.

Fifth Grade Stingrays—Our fifth graders are off to a wonderful start! We’ve got the year started in the right direction. We are learning and practicing strategies for accountable talk, which will allow students to work better with partners and groups. Students have access to Flocabulary at home and can use it nightly to help strengthen their academic vocabulary use. In Math, students are working on quick recall of multiplication and division facts, and will soon be ready for all operations with fractions. In Science, students are getting prepared to master the processes of scientific investigation. We look forward to a fantastic year!
6th Grade—Sixth graders have already finished their first Shark Writes essay for informational text and are off to a great start in Language Arts. They just finished reviewing figurative language, and will begin analyzing internal and external conflicts and how character in a story change and develop because of events in the story. I-Ready has been assigned and students will be completing a total of 45 minutes each week in Math. In studying for this year’s already colorful projects with Ms. Seng and Mr. Florio. The theme this year for the history fair is “Triumph and Tragedy” and final projects are due by January 8th. In Math, teachers have asked that you practice multiplication with your child. Currently, they are working on adding, subtracting, multiplying, and dividing decimals. They are also solving problems to find greatest common factor and the least common multiple of two numbers. Science classes have just wrapped up learning about the Earth’s spheres and are transitioning into the water cycle. Homework will be assigned by each teacher and is expected to be completed and turned in on time. Many of the teachers in 6th grade have accounts on Remind if you need further guidance. Grades are being added to Skyward weekly.

7th Grade—ELA: students are currently working on determining author’s purpose and point of view in a text and explaining how they distinguish their point of view from that of others. Civics: students are engaged in learning about the rule of law and U.S citizenship. Science: students have begun the unit of study on energy. Topics that the students will explore will include the various energy forms, energy transformations, and the Law of Conservation of Energy, where energy cannot be created or destroyed. Math: 7th graders are learning the rules for performing operations on rational numbers (negative and positive numbers), then applying these rules to solve real-world mathematical problems. The Advanced classes are working on understanding the classifications of real numbers (whole numbers, integers, rational and irrational numbers), as well as estimating the values of irrational numbers (non-perfect squares). In Algebra, we are working on the students creating and solving one variable linear equations and inequalities.

8th Grade—Social Studies: Over the course of the next few months, the 8th Grade Social Studies classes will be actively studying the following content areas: Exploration of the Americas, colonial development (or the Thirteen Original Colonies), the French and Indian War (fought between the French and the British), and the American Revolutionary War (fought between the British and the Thirteen Original Colonies). Please remember to keep working on the assigned History Fair Project (www.nhd.org) which will be due right after Winter Break.

Math: The Pre-Algebra classes will be working with understanding real numbers and then how to do mathematical operations with them. After that, students will be introduced to the Pythagorean Theorem and try to solve real world problems that can be related to right triangles. In Algebra 1, the students will be working on solving more complicated algebraic equations and inequalities. They will then practice graphing inequalities on a coordinate plane to find solutions. After that, we begin to explore functions; what they are and how to work with them in the real world. In Geometry, the students will be diligently working on constructions.

ELA: The ELA teachers are reading a variety of literature and nonfiction works about horror/suspense. The unit focuses on identifying points of view and how the differences create suspense, citing textual evidence, identifying themes and its development throughout the text, and providing objective summaries. Teachers are also focusing on Latin/Greek roots, prefixes, and suffixes as well as other vocabulary. Students will be expected to read two books for the first quarter. Furthermore, students will be discussing, writing, and grammar. They will also be completing a variety of tasks to demonstrate their understanding of the material presented. Science: Before diving into exciting topics within astronomy, students will begin at the basics: the ingredients of our universe. The fundamentals of matter will first be discussed, followed by an exploration of the periodic table, scientists’ way of organizing these important ingredients. Science Fair projects are due November 1st. Don’t forget about Science Fair Night on October 11th.
Looking Ahead:

- **Dec. 4th**—Band Winter Concert @ TCHS
- **Dec. 10th-21st**—Semester Exams*  
  - **Dec. 21st**  
  - **End of the 2nd nine weeks/1st Semester**  
  - **Early Dismissal at 2:00**  
- **PBiS Events**  
- **Dec. 24th-Jan. 7th**—Winter Break  
- **Jan. 8th**—Students Return  
- **Jan. 21st**—MLK, Jr. Holiday  
- **Jan. 23rd**—Report Cards  
- **Jan. 28th**—Literacy Week

*Counselor's Corner*

We're off to a great start this year. Parents, as always, please remember to ask your child what he or she learned in school each day. Be sure to utilize your child's planner to communicate with teachers and to check for homework assignments. Skyward's Family Access is an indispensable tool to remain abreast of your child's most current grades. The end of the first nine weeks is just around the corner, so being cognitive of your child's grades is crucial.
September is National Childhood Obesity Month.

Per the Centers for Disease Control, 1 in 6 children in the United States has obesity and certain groups of children are more affected than others. Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. Many factors can influence childhood obesity, including eating high calorie foods and being sedentary, genetics, lack of sleep, metabolism, community, and social factors.

There are ways to help prevent obesity and support healthy growth of children. Be aware of your child’s growth and talk to your child’s Pediatrician. Provide nutritious and low-calorie foods such as fruits and vegetables. Encourage water to drink and limit sugary beverages. Encourage children to put down the electronics and get moving. Be a role model!

For further information on how to work towards a healthier lifestyle visit: https://mainehealth.org/lets-go www.cdc.gov.

~Tricia Goulet, MSN, RN
FDOH-St. Lucie

Broccoli Cranberry Salad
Serves 4-6

Ingredients
2 medium broccoli heads cut into bit size pieces
1/4 cup of dried cranberries
1/2 cup shredded carrot
2 tablespoons diced red onion
2 tablespoons roasted sunflower seeds
Salt & pepper to taste

Honey Mustard Vinaigrette
2 tablespoon orange juice
1/2 tablespoon apple cider vinegar
1/2 tablespoon honey
1/4 cup olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Instructions
1. Wash and cut broccoli florets & stems into bite-size pieces.
2. In a large bowl, combine broccoli, shredded carrots, cranberries, roasted sunflower seeds, and diced onions.
3. Prepare dressing by combining orange juice, apple cider vinegar, honey, mustard, salt and pepper in a small bowl and whisk ingredients together. Add olive oil slowly, while whisking constantly to blend.
4. Pour dressing over salad ingredients and toss until well combined.
5. Cover and place salad in the refrigerator for a couple of hours to allow flavors to blend.

Adapted from Wellness in the Schools Program
www.wellnessintheschools.org
September is Fruit & Veggies More Matters Month. This is a national campaign to inform people how easy it is to get 5-7 servings of fruits & veggies in our daily diet. Fruits and vegetables contribute much needed vitamins, minerals, and fiber to the diet which helps reduce the incidence of chronic disease.

The Dietary Guidelines for Americans (DGA) recommends a fruit and vegetable daily intake of at least 5 servings a day; 1 ½ - 2 cups of fruit and 2 -3 cups of vegetables for adults. A 2017 report released by the Centers of Disease Control (CDC) found, for adults, 12.2% met the recommended fruit intake and 9.3% met the recommended vegetable intake in 2015 (the year study data was used).

For children ages 2-18 the recommended fruit and vegetable intake ranges from 1-2 cups of fruit and 1 – 3 cups of vegetables. Recommended intakes are based on age, sex and activity level. A report from CDC Morbidity and Mortality Weekly looked at fruit and vegetable intake over four different yearly cycles, 2003-2010, and found that fruit intake, excluding fruit juice, increased by 12%. While vegetable intake remained the same. The report also stated “about 60% of children consume fewer fruits than recommended, and 93% of children consume few vegetables than recommended.”

The National School Lunch Program and the School Breakfast Program are designed to follow the Dietary Guidelines for Americans (DGA) and encourage more fruit and vegetable intake for students. St. Lucie Public Schools Child Nutrition Services offers with every breakfast students consume on campus three different fruit choices; fresh, cupped, and 100% fruit juice. Lunches are created to offer students three different vegetable choices daily; a garden-fresh side salad, a hot vegetable and a cold vegetable choice. Further, vegetable sub groups are rotated daily to offer students a variety of vegetables from the red/orange, dark green, legumes, starchy groups ensuring a variety of vitamins and minerals are available.

Increasing our fruit and vegetable intake is easy with a little planning and a few prompts to remember. Include fruit with breakfast. Choose healthy snacks that include a fruit or vegetable paired with a protein source, such as, hummus with baby carrots or grapes with string cheese. For lunch include a serving of fruit and a serving of vegetables with your entrée. At dinner include 2 servings of vegetables along with your entrée. The example nets 2-3 fruits a day with 3-4 vegetables depending on snacks. If all else fails, think MyPlate and fill half of your plate at every meal with fruits and vegetables.

Challenge yourself and your family to include at least one more fruit and one more vegetable every day with a meal through the month of September for Fruit and Vegetable – More Matters Month! The fruits and vegetables can be fresh, frozen, canned, or dried. All forms count.

~Jennifer Muzzin, RD

For more information:
CDC Morbidity and Mortality Weekly
https://www.cdc.gov/mmwr/pdf/wk/mm6331.pdf
How many fruits and vegetables do you need?