



March

March

Contact Information



Mrs. Morris, M. Ed.
PK-Bilingual, 1,3,5
972.600.3677
Evalcarcel@irvingisd.net



Ms. Zepeda, M. Ed.
PK-Monolingual, K,2,4
972.600.3676
Mzepeda@irvingisd.net



Teacher/Student
Counseling Referral Form

Spring is here, and with it comes an important time for our students, STAAR testing! This month, we are focusing on equipping our upper-grade students with essential test-taking strategies to help them feel confident and prepared for the big day. Meanwhile, our lower-grade students will engage in lessons about building and maintaining healthy friendships, an important foundation for their social and emotional growth.

Test-Taking Tips for upper grades to support our students, we will be sharing strategies to help them:

- Manage test anxiety through breathing techniques and positive self-talk
- Use time wisely, read questions carefully and pace themselves
- Eliminate wrong answers and make educated guesses when unsure
- Get a good night's sleep and eat a healthy breakfast before the test

Healthy Friendships for lower grades, our younger students will focus on the qualities of a good friend, including:

- Kindness and empathy
- Effective communication and conflict resolution
- Recognizing and responding to unhealthy friendships

We encourage you to have discussions at home about how to be a good friend and reinforce positive social interactions.

Announcements

Open House/Literacy Night
Thurs. March 6

Spring Break
No School

Mon. March 10- Fri. March 14

Field Day
Monday, March 17

Student Holiday/Teacher
Workday
Thurs. March 28

HEALTHY BREAKFAST

