

Caledonia Middle School

Tutoring and Assessment Newsletter

March

It is hard to believe that we are at the end of the 3rd nine weeks. Our students, faculty, and staff have all been working hard to prepare for our state test which will be administered during the month of May. Thank you for being so supportive of our school and its success by working with your children and us to make this school year a success. We all know that it takes everyone working together to be a GREAT school. Let's continue to make this a priority for CMS!

Jacque Furnari
Tutor and Assessment
Coordinator

Putting the Pieces
TOGETHER



2017 Comprehensive Needs Assessment Surveys
Lowndes County School District

Upcoming Events:

Tuesday, March 7, 2017:

Family and Community Engagement
Meeting at 3:30 in room 6.

(Handicap accessible)

March 13th -17th :

Spring break

Thursday , March 23, 2017:

Report Cards

Friday , April 14, 2017:

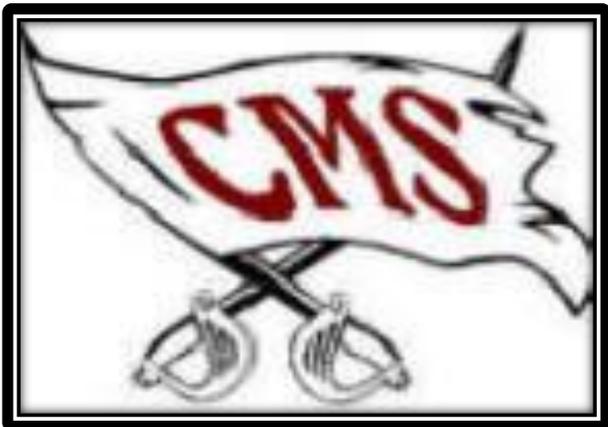
Good Friday (No School)

Testing Newsletter

Continued...

Tips to be a successful student:

1. Preview and go through a new lesson before class.
2. Pay attention to what is written in class and take mental and written notes.
3. Ask Questions.
4. Review what you learned after class.
5. Underline sections of your notes or text you don't understand so you can discuss these with your classmates and teacher later.
6. Make use of online resources.
7. Do your homework and turn it in on time.
8. Live a healthy lifestyle by getting enough rest and eating foods that are good for you.
9. Put what you learned into real life practice!



A Note From the School Nurse:

Allergy season is upon us! Read below for some useful information concerning allergies.

Symptoms of Allergies to Airborne Substances:

Sneezing often accompanied by a runny or clogged nose

Coughing and postnasal drip

Itching eyes, nose, and throat

Allergic shiners (dark circles under the eyes)

In a child, persistent upward rubbing of the nose

Watering eyes

Conjunctivitis (an inflammation of the membrane that lines the eyelids,

causing red-rimmed, swollen eyes, and crusting of the eyelids).

Doctors use three general approaches to helping people with allergies: advise

them on ways to avoid the allergen as much as possible, prescribe medication

to relieve symptoms, and give a series of allergy shots.

Although there is no

cure for allergies, one of these strategies or a combination of them can provide

varying degrees of relief from allergy symptoms. Seek medical care for persistent

allergy symptoms. *National Institute of Allergy and Infectious Diseases*