



CREST NEWS



CREST SCHOOL 2600 S. Panther Pride Drive, Lecanto, FL 34461

Phone Number: 352-527-0303

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Notes from the Principal

Dear Parents and Families,



Now more than ever we face the business and difficulties of life. Knowing this and avoiding excess stress and drama are two totally different things. Recently, I read an article about the value of and strategies for avoiding the stress of riding emotional rollercoasters. This simply means not letting the highs and lows of life determine our moods and happiness. Please take a moment to read this excerpt of the article at **end of the Newsletter**. I know that we all face many stressors and challenges every day. I also know life can feel overwhelming. But these few suggestions can and do make a real difference when put into practice in our lives. I hope you find them encouraging and useful.



Respectfully,
Lee Mulder

Notes from the Assistant Principal



February is already almost over. I continue to say how quickly this year is going by. The students and staff are continuing to be in full momentum for the 2018-2019 school year. Great things are happening all around campus. Several classrooms took trips to the Marine Science Station and had a great time learning about our marine estuaries and aquatic life. The next exciting adventure is to the Homosassa Wildlife Park. This is sure to be a great time. CREST continues to implement Structure Teach and Zones of Regulation in all classrooms with success. Gains are being made by all.

Callie Haynes
Assistant Principal

TOSA Notes

Curriculum

Hello CREST Families,



Our 2nd Curriculum Career Day for the year was a huge success. We would like to thank everyone who participated in the day and a huge thank you to all of parents/guardians who took time out of their busy days to spend the afternoon with their children. Hope you enjoy the photos and we look forward to next year's Curriculum day.

Melanie Howard
HowardM@citrus.k12.fl.us
Curriculum TOSA



Curriculum Career Day

<https://photos.app.goo.gl/p2hnHq81VdJ6QaE19>



Behavior

It seems that Spring has arrived early. The weather has been great, which is a perfect set-up for activities outside of the classroom. March is a month that will deliver many opportunities for those activities. We have begun our FSA department trips to the Marine Science Station, these are always a great experience for our students as it gives them an opportunity to interact with our local waterways. On March 6th our students will also have the opportunity to experience the Homosassa Wildlife Park. This trip is offered to all students that are able to demonstrate safe, respectful, and responsible behavior. This park is unique to our community and they always go out of their way to assist in providing access to our local schools. March also holds one of the most anticipated activities of the year in Field Day. FSA Field Day, on March 19th, is held on CREST campus, while FSA Field Day, on March 22nd, is held at Crystal River High School. CRHS has welcomed our students for years and has provided a great space for all our Field Day activities. This is a staple school year event for both the school and various community organizations. In a month that is already shortened by a week due to Spring Break (March 25th- March 29th) you would think we would not be able to fit anymore, but we have. Friday March 1st we will have our Jump Rope for Heart event in our gym. Students flood the gym in excitement along with the moral building LHS cheerleaders and it quickly becomes one of CREST's most exciting events. Lastly, our Zone Commanders from the FSA will have the opportunity to earn a bowling trip to Manatee Lanes in Crystal River, this trip takes place on Wednesday, March 20th. Remember to talk with your student about their daily behavior chart and make sure they are on the correct path to earn these fun-filled activities. And remember, each month brings its own set of activities, so it is never too late to earn-in on the action!



CREST hosted prom on February 15, 2019. The theme was Sky's the Limit and our students were dressed for an elegant time. We had DJ Shonda blasting the latest tunes for our students to dance too. Crystal River High School also sent over their Key Club to assist with the setup of prom and to socialize with CREST students. CREST Prom is one of our most cherished events for making memories. Prom 2019 was one to remember.



Your friendly neighborhood Behavior TOSA's

Mr. Sean Ear ears@citrus.k12.fl.us

Mrs. Kelly Daugherty DaughertyK@citrus.k12.fl.us



Classroom Spotlight

Ms. Henry's Class

It has been a busy month for us. We have been doing lots of hands on activities with angles and fractions. The students love interacting with the manipulatives and are really improving in their understanding of these difficult concepts. I am really proud of how hard they are working and the progress they have made this year. There have been many activities this month as well. We started by having a football activity to celebrate the Super Bowl. We also did an experiment with soda, Mentos and baking soda to find out what causes the soda to shoot the highest in the air. Spoiler...it was the baking soda. The next week we participated in Curriculum Day. It was focused on careers and we got to see many heroes and they got to sit in several of the cars. Finally, we had prom last week. All of the students looked amazing. They danced and had fun being with their friends. I look forward to the rest of the school year! We have many more fun activities coming up in the coming weeks.



<https://photos.app.goo.gl/9nQEzpgykR9goFFQ9>

Mr. Herald's Class

Mrs. Herald's class has been studying energy in our March Unique Curriculum unit. We've been doing science experiments with the items we bought with our grant. The students especially like the microscope. Prom was a blast! Our field trip to the Marine Science Station has been rescheduled for May. Last year, we went out on a boat and netted specimens of sea life. We got to pet rays in a tank, and some of us even climbed the tower. Upcoming trips also include Homosassa Springs Wildlife Park and Field Day. There are still lots of great things to come!



<https://photos.app.goo.gl/iFyc5yW7pwxHneXL9>



Ms. Hopp's Class

What is new in Hopp's room...

WOW, what an amazing school year thus far. We have had so many great opportunities afforded to us through our Mini-Grant award. The award was a STEM grant and our class joined in with Ms. Herald and we purchased a huge amount of Science activities, experiments and cool things to help us gain connection of our standards in Science and Math. We have made slimy things, we have altered food items to make other things, we have made root beer in the classroom and now we are working on changing an uncooked egg into a rubber egg.

Besides all the cool things we have been doing to meet our standards, we have also had lots of fun with our peers. We had a special PBS Friday when we had a Super Bowl party and played games with our friends as well as enjoying some great food. OH, we cook every Wednesday in home living, and boy have we been making some great items.

Everyone is welcome, come in and spend an hour, half a day, or just come and play.

Blessings to all...

Ms. Hopp, Ms. Eleanor, Ms. Sarah and the whole Hoppy crew

<https://photos.app.goo.gl/8TigSXApy7nyj1eA9>



Events / Information



Teachers Working Out-of-Field

CREST is proud that out of 31 teachers and 2 administrators who work with our students that only 1 is currently teaching out of her primary certification and is currently working toward obtaining certification in the area she is teaching out-of-field.

Teacher	Course/Class
Jennifer Green	Elementary Education

This teacher has both experience and coursework in the area she is teaching. She is an excellent teacher and we appreciate the extra effort that she is putting forth on behalf of our students.



Parent Survey - Exceptional Student Education

2018-2019 Exceptional Student Education (ESE) Parent Survey

The 2018-2019 Exceptional Student Education (ESE) Parent Survey will be open from February 1 to May 31, 2019. While paper surveys were provided for parents of all children receiving special education services, an online version is also available at www.esesurvey.com. Please take a moment to provide feedback by completing this survey. The valuable information you give us will help us make decisions on the effectiveness of our services in meeting the needs of our students. Thank you for your time!



BOX TOPS

Don't forget to send in your Box Tops for Education. Each Box Tops Clip is worth 10 cents for your school. Occasionally, Bonus Box Tops or Bonus eBoxTops of a different value are issued for special promotions.

<http://www.boxtops4education.com/>



Calendars

Citrus County Schools Calendar

[www.citrus.k12.fl.us/news/Approved 2018-19 School Calendar.pdf](http://www.citrus.k12.fl.us/news/Approved_2018-19_School_Calendar.pdf)



March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Jump Rope for Heart	2
3	4	5	6	7	8	9
10	11	12	13	14 1/2 Day Students	15 1/2 Day Students	16
17	18	19 Field Day at CREST Playground SAEC Meeting 3:30 at CREST Media	20	21	22 Field Day at Crystal River High	23
24	25 Spring Break No School	26	27	28	29	30
31						

April Dates

April 6th School House Hustle
 CREST / LHS
 April 19th No School



McDonalds Family Night (Beverly Hills)



Mark your calendar for **April 18th**. 20% of all sales between 4:00 to 7:00 PM will go to



Like the CREST School Facebook page

<https://www.facebook.com/CRESTSchool/>



Substitute Positions

Citrus County Schools is now hiring for all substitute positions (Teacher, Support (Aide), Custodian, Food Service and Bus Drivers). If you are interested or have any questions please call 352-726-1931 Ext 2295 or go to <https://skyfin.citrus.k12.fl.us:444/scripts/wsisa.dll/WService=wsFin/rappljoblst484.w> select the substitute position(s) you would like to apply for, click on apply for selected position(s) and fill out all the required information/application.

CREST FIELD DAYS

sponsored by Kiwanis

**Field Day
at
Crystal River High School
March 22, (10:30 - 1)
Track and Field**



**Field Day
at
CREST Playground and Field
March 19, (10 - 12)**

SUPERHERO

Contact student's homeroom teacher for details.

PLEASE JOIN US

Please mark your calendar for the
Spring START Transition Expo

CREST

Citrus Resources for Exceptional Students in Transition



When: Friday, April 26th

Time: 10:00 am—11:45am

Who: High School students with disabilities

Parents of all CREST Students, Teachers, ESE Specialists and Agencies

Where: *CREST Gymnasium*

2600 South Panther Pride Drive, Lecanto, FL 34461

Student Panel and Vendor Expo

Tips for seeking post-secondary education, employment
and transitioning into the community, linking up
to resources and services available to
students and families.



Anxiety and depression: Calming the emotional roller coaster

By Carrie Milligan, M.D., psychiatrist, [Providence Behavioral Health...](#)

Stop the roller coaster

It's normal to feel a little anxious or depressed sometimes. It is not normal to feel that way all the time. Get in the habit of checking in with yourself frequently. If you're suffering from normal stress, practicing the self-help strategies just mentioned can make a big difference. But if you find yourself struggling with no end in sight, give your doctor a call. Appropriate treatment can calm the roller coaster and make life a much smoother ride.

...It's normal to feel blue once in a while, but if your mood has started affecting your day-to-day functioning, it's time to get advice from a professional. Feelings of nervousness, irritability, sadness, guilt, exhaustion or hopelessness that go on and on could be signs of an anxiety disorder, depression or both. A visit with your primary care provider can help sort out what's going on and point you toward appropriate care and resources. Fortunately, there are many effective therapies – as well as things you can do for yourself – that can help calm the emotional roller coaster.

Self-help

In addition to taking advantage of help from medical professionals, there are many things you can do to help yourself:

Practice stress management. For those of us who are rabid multitaskers, simply learning how to prioritize and break down those endless to-do lists into short-term goals can really help reduce anxiety. Yoga, meditation, deep breathing and other techniques can help as well...

Make sleep a priority. You probably already know how much sleep you need to feel good and function well – and you're probably not getting that. It's a cycle that's hard to break out of: Stress causes sleeplessness and sleeplessness causes more stress. But it's important to make sleep a priority, because depression and anxiety are hard to treat in people who don't get enough sleep. Medication can help, but before you resort to that, commit to making some changes in your sleep habits, like shutting off the computer or TV well before lights out, going to bed and getting up at the same time every day, and banishing light from the bedroom...

Lean on your support systems

... tend to take on more responsibility than they should – and to shoulder it almost entirely on their own. If you have a partner, have a talk about sharing the load a bit more, or bringing in someone to help. If you are carrying an unmanageable load at work, talk with your supervisor about helping to prioritize tasks. And don't drop social engagements due to lack of time – now is the time you need your friends for venting, laughing and relaxing.

Don't underestimate the benefits of healthy living. To keep anxiety and depression at bay, I can't emphasize enough the importance of eating a healthy diet and getting regular physical activity. Even small amounts of exercise can make a big difference, both physically and emotionally – especially if you can get outside in a garden or a park for some fresh air, natural light and a change of scenery. Depression can be associated with weight gain, and in my experience, people who've made healthy lifestyle changes have found that these changes significantly supported their overall health....