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## Notes from the Principal



Dear Parents and Families,



The following information is an adaption of a leadership article of how we can look at change to effect positive outcomes in our lives and the lives of others. I hope as you read the article at the end of the Newsletter so you can apply its principles to your own life and situations and help your families grow in a more positive way. One thing is sure, change is inevitable. The key is to make it work for us. I would also like to take this moment to welcome our newest addition to the CREST staff family Mrs. Deirdre LaBelle. Welcome Deirdre.

Respectfully,  
Lee Mulder

## Notes from the Assistant Principal

### Teachers Working Out-Of-Field



CREST is proud that out of 31 teachers and 3 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
Alexis Gearhart	Middle Grade Mathematics

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.

Callie Haynes  
Assistant Principal

## TOSA Notes

### Behavior



As we transition into Spring, we also begin our transition into the testing season. While our students are putting forth their best efforts for testing it is our job to reward them. During April each week brings us a fun-filled activity for the students to earn along with a four-day weekend. On Friday, April 5<sup>th</sup>, we will have a capture the flag event on our playground. The following week, on Friday, April 12<sup>th</sup>, we will have a movie in the gym for the entire school to enjoy. On Tuesday, April 16<sup>th</sup>, there will be a school-wide Easter egg hunt and then on the 18<sup>th</sup> (Thursday) the Easter bunny will visit CREST. This will lead us into our long, four-day Easter weekend. Let's all come together to encourage our students and support them as best we can as they work through testing.

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. Remember, each month brings its own set of activities, so it is never too late to earn-in on the action!



## Curriculum



### Parents and Guardians,

April and May are a very busy time at CREST. Students have worked very hard all year on academics and spring testing has begun. A portion of our students will participate in the Florida Standards Assessment (FSA) and students working on Access Points will participate in the Florida Standards Alternate Assessment (FSAA). I hope you will find the test taking tips below helpful at this busy time of the year.

If you have any questions regarding testing please contact Melanie Howard at 352-527-0303.

**Melanie Howard**

**HowardM@citrus.k12.fl.us**

### Curriculum TOSA

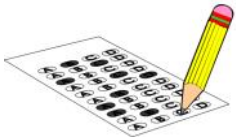


### Communicate with your child's teacher

Regular communication with your child's teacher can help you gain insight into his or her progress. Make a point of meeting or talking with your child's teacher on an ongoing basis to understand what your child is working on, what he or she will be tested on, and the areas that he or she is exceling and struggling in. Your child's teacher is also a great resource for test-preparation activities or strategies you can use with your child at home. Plus, they can keep you up to date on group study sessions or other opportunities for additional review that your child may benefit from.

### Talk to your child about test taking

Sometimes, the purpose and goals of testing are difficult for children to understand. Without that foundation, it's easier for children to be intimidated by testing or simply not feel motivated to put forth their best effort. Have open, ongoing conversations with your child to explain the benefits of testing, focusing on how it helps them, their teacher, their school, and other educators understand their strengths and weaknesses and figure out the most effective ways to teach. Knowing the "why" behind testing can help instill a drive to succeed in your child.



### Offer positive reinforcement

A little encouragement can go a long way in helping students walk into testing days feeling confident—which, in turn, can have a huge effect on their performance. Praise your child for the work that he or she does to prepare for testing and share in his or her excitement when he or she has success with a new concept or skill. Similarly, when he or she is struggling with a topic, point out the progress that he or she has made and encourage him or her to continue working. Having already experienced success with the material that he or she will be tested on will help your child avoid test anxiety and perform to the best of his or her ability on testing day.

### Support healthy habits

Sleep and nutrition can have a huge impact on your child's ability to focus and retain information. One of the most helpful things that you can do as a parent is focus on supporting these basic needs. Well-rounded meals and a regular sleep schedule will help your child succeed in the classroom on a day-to-day basis. On testing days, it's especially important to make sure that your child gets a good night's sleep and starts the day with a filling breakfast.

Parent Resources:

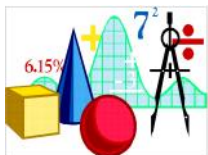
FSA: [www.FSAAssessments.org/](http://www.FSAAssessments.org/)

FSSA: <http://www.fldoe.org/accountability/assessments/k-12-student-assessment/fl-alternate-assessment.stml>.

## Classroom Spotlight



### Ms. Alexis' Class



Ms. Alexis' class has been very busy this year! Our geometry classes have been discovering how many degrees are in different polygons. While our Algebra classes have been differentiating how to determine variable meanings in multiple step math equations. The students had such a great time on the field trip to the Homosassa Wild Life park. We can't wait to continue on our path to success the remainder of the year!

### Ms. Thomas's Class



It has been a very hectic time in Ms. Thomas's class. Adrianna gave us a wonderful lesson on rhetorical devices, and each student got to present a speech. Edgar gave a writing lesson on the best way to compose a six-paragraph argumentative essay, our topic was, "Whether or not Video Games Contribute to Youth Violence." We will be beginning our William Shakespeare's "Star Wars: Verily, a New Hope," unit soon, which is always good fun. Our four seniors are working hard to finish all their courses and are looking forward to graduating in May.

Although, it is not always work in room 203, we recently had a two-day chess tournament, Dakota took gold, Joseph silver, and Edgar took bronze. Field day as usual was a blast, as was our trip to Homosassa Springs Wildlife Park, and to Manatee Bowling Alley. At the beginning of April, we will have our reverse Disney pajama party where the students must write and retell, a classic Disney movie as a drama or horror story. That should be interesting.

<https://photos.app.goo.gl/pgNrH2tZHH72pV6v6>

### Mr. Wilcox's Class



**U.S. History:** The United States' aims in the Vietnam War were similar to its aims in World War II—to protect democracy. Yet many Americans' feelings about the United States' involvement in Vietnam were vastly different than those frequently expressed during World War II and other wars. While people generally consider World War II a clear and just fight against evil, the justifications for the Vietnam War were less obvious to many Americans. Students have been working hard to explain why public support for the Vietnam War was split more so than it was during World War II.

**Economics:** The prosperity that Americans enjoy is built on the efforts of business leaders and those in the labor force. Together, they have built the American economy, but their goals and interests are not always the same. Students have been deciphering how and why businesses form and what actions businesses take to meet success.

**Government:** The executive branch of the Federal Government has responsibilities in both domestic and foreign affairs. It is composed of an enormous bureaucracy that executes the laws passed by Congress and puts the nation's public policies into action. Students have been diligently learning how this vital part of our government impacts our nation.

### Clinic Medications End of Year Notice

All student medications in the clinic need to be picked up by a parent or guardian no later than the end of the school day on the last day of school (Thursday, May 30, 2019). After this date/time, all remaining medications will be transported to District Student Services in the Lecanto Complex. Student medications will be disposed of if they are not picked up from District Student Services in Lecanto by Thursday, June 6, 2019.

DON'T

FORGET



## Events / Information

### Homosassa Wildlife Park



This year's trip was amazing. There were 105 students who attended this year's field trip, and what an amazing day. The morning started with a brisk 45 degrees and was fantastic weather for the manatees. The springs were full of the fun-loving critters and the students were mesmerized by the multitude of manatees around the waters. There were many babies with their mommies basking in the Florida waterways. All the students were amazed with the many animals out and frisky in the cool Florida weather. CREST would like to thank all the employees of the Homosassa Wildlife Park for making such a fantastic memory come true.

<https://photos.app.goo.gl/CGXpF3Z7HJ4FghcK8>

### Dr. Seuss Birthday Party



The hustle and bustle of the school year did not stop the Concreteables from celebrating Dr. Seuss's birthday. We certainly had a great time celebrating the many books that Dr. Seuss has written. So many students came out to play the games associated with Dr. Seuss. We had *Socks on Fox*; *One Fish, Two Fish*; *Oh the Places We Could Go*; *Yertle the Turtle* and finished off with dress the *Lorax*. What an amazing book walk we had. Finishing off with a beautiful *Cat in the Hat* cake.

<https://photos.app.goo.gl/hPuwwEN9gK1BF77K8>

### CREST Field Days



We are very thankful to the West Citrus Kiwanis Club for their support, contribution of Field Day t-shirts and the medals students received for their achievements. Many thanks also go the CRHS Health Academy, Navy JROTC and the many of groups that made this a success.

Our **Superhero Field Day** here at the CREST School was a day filled with students showing their powers. Student's genius, agility, speed, strength, endurance were all challenged. Social Skills tested were: Consulting the team, Celebrating small wins, Knowing your role and Working you way around. Students rotated through all the stations and were rewarded for their achievements. Afternoon activities included group game and food.

Our **Field Day at Crystal River High School** was filled with excitement and achievements. Our senior students carried the torch at the opening ceremonies. The games began with a relay race then each student ran a race on the track. After lunch students participated in field events of softball throw, soccer kick, frisbee throw and golf. Inside the gym students participated in bowling, basketball and golf. All students were presented with a medal.

I was very surprised and grateful for the plaque presentation at opening ceremonies that recognized my 33 years of organizing Field Day for the CREST School.

Thank You,  
Stephen Santa Fe

<https://photos.app.goo.gl/tdGV9trpkuyAgcQG6>



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](http://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%202018-19%20School%20Calendar.pdf)

## April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 School House Hustle
7	8	9	10	11	12	13
14	15	16	17	18 McD Family Night	19 No School	20
21 Happy Easter!	22 No School	23	24	25	26	27
28	29 Expo	30				

### May Dates

May 22th CREST Graduation  
 May 27th No School / Memorial Day  
 May 29th & 30th Half Day for Students  
 May 30th Last Day for Students



**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/>





# CREST WORKS!



CREST School is selling birdhouses for \$8 each or \$10 painted. These bird houses are made with treated wood and assembled by our own students! Thank you to Mr. Kerry Meakin who is an avid bird watcher. He bought the first five sold.

If you would like to place an order, please call or email Tracy Vientos at CREST School at 527-0303 or [vientost@citrus.k12.fl.us](mailto:vientost@citrus.k12.fl.us) while supplies last. All proceeds will go to Mr. Eddy's shop class to buy more materials for students to build future projects. Thank you for your continued support of CREST School.

Respectfully,

Lee Mulder

Principal, CREST School

## 5 Actions to Create Positive Change

Learn how to create positive change in your life

Why do we go through change? It's usually to create more positive outcomes. So why is it so difficult to create positive change in our own settings? And are there things we can do to ensure successful change?

### What specific actions can I take to create positive change?

Creating change is much more than just putting on a smile and giving people pep talks. In fact, putting on this overly positive act could be offensive to those that are having difficulty with change. So, we need to start with values. For some, these values are already just part of who they are. For others, these values must be developed over considerable time.

#### Start with a mindset of win-win

We often get caught up in all the negative aspects. And if that's what you focus on, that's all you see. So, if you open your mind to looking for win-win solutions, you may see opportunities to create the change you need while also looking after people. Right from the beginning, communicate that you will ensure the needs of others are considered and respected as you move towards your goal.

#### Be open and honest in communication

Communication is always important, but especially so during change. We sometimes think we are protecting people by not telling them things. But what we truly fear is coming off as "the bad guy." Get over it! And you will need to incorporate a wide range of communication.

#### Whenever possible, allow others to have input

One of the biggest challenges for people is feeling that they have no control over what happens to them. So, allowing people to have input helps them feel that they have some control, thus reducing their anxiety. Engagement is a critical step in creating positive change with others.

#### Be open to alternative solutions

We can get so caught up in implementing change, that we fail to see new opportunities. Consider that others may be able to see a different way of achieving the goal. With alternatives, we may be able to minimize harm and disruption to others. Don't be so set on your process that you refuse to consider a different course.

#### Allow emotions

It can be difficult and uncomfortable to listen to others' frustrations (or even your own!), but it is important to recognize that change can be an emotional time. Find ways for people to express themselves in a healthy and respectful manner. If we don't allow the emotions, they can come out in other more damaging ways. Resentment may build, and people may react in ways that seem irrational.

Effective change requires a us to demonstrate a positive attitude and constantly communicate positive expectations to others. But perhaps most significantly, it requires commitment and courage to face the emotional ups and downs to face the future – including our own.

# 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.

