

# The Paw Print



April 2019

## CALENDAR

**04/02 - 04/05**

**AzMERIT TEST**

3rd - 6th Grades  
Arrive at school on time

**04/19/19**

**No School**

April Break

**04/26/19**

**EARLY RE-LEASE**

**12:00 P.M.**

Staff In-Service

## Health Office News

Spring is Here and so is Allergy Season!

-Symptoms of allergies: sneezing, nasal congestion, runny nose, itchy, watery eyes, mouth or throat itchiness, wheezing, coughing difficulty breathing or chest tightness.

-Suggestions to prevent allergies: keep children indoors, keep windows in the car and home closed. Check pollen levels through local weather service, use humidifier, use neti pot instead of decongestant, feed child spicy food to open nasal passage, use cold compress to relieve nasal pressure or itchy eyes. Gargle with salt water to relieve a sore throat. Vacuum regularly.

-Pharmaceutical Options: Oral antihistamines, steroid nasal sprays and decongestants. Please consult with your doctor before using these products.

## APRIL CHARACTER TRAIT

### Habit 2

**Begin with the End in Mind: Have A Plan**

I plan ahead and set goals.

I do things that have meaning and make a difference.

I am an important part of my classroom and school.

## AzMERIT TESTING

Burke students from 3rd - 6th grades will be taking the AzMerit Test the first week of April. We cannot stress enough how important it is to be here everyday and on time for testing. Teachers will begin testing right away in the morning when students are most attentive. **Late students WILL NOT be able to enter the classroom once testing has begun.** They will have to wait until the next session begins before they can join the classroom.

**Additionally, if students are removed from class for appointments, etc. while in the middle of a testing session, they cannot finish that portion of the test and their score will reflect only the portion that they completed. We ask, if at all possible, for parents to not pull their students out of class during testing days.**

### Tips for AzMerit Testing

- Make sure your child goes to bed early and gets plenty of rest.
- Try to provide your child with a HIGH protein breakfast.
- ARRIVE AT SCHOOL ON TIME!
- Schedule doctor appointments/visits for your child after AzMerit has ended.
- Encourage your child to do their BEST when test taking.



### AzMerit Testing Dates:

**Tuesday, April 2nd/Wednesday, April 3rd/Thursday, April 4th/Friday, April 5th**

*This institution is an equal opportunity provider.*