

WEEK AT A GLANCE

IMPORTANT DATES

March 9-17	FCAT Testing
March 15	Field Trip (Killam & Urquhart)
March 16	Field Trip (Stevens & Lett)
March 17	Field Trip (Williams & Orfanello)
March 18	Steak-n-Shake Spirit Night
March 23	4 th Grade Recorder Performance
March 24	Spring Pictures 4 th Grade Field Trip (Saengar)
March 25	Chik- Fil-A Spirit Night
March 26	Last Day of Grading Period
Mar. 29-Apr. 2	Spring Break

Wellness Tip of the Week

10 Tips for A Better Life

1. Take a 10-30 minute walk or jog every day. And while you walk or jog, smile. It is the ultimate anti-depressant
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. When you wake up in the morning complete the following statement, "My purpose is to be _____ today"
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat berries, wild Alaskan salmon, broccoli, and walnuts.
6. Try to make at least three people smile each day.
7. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
8. Don't take yourself too seriously. No one else does.
9. You don't have to win every argument. Agree to disagree.
10. Life isn't always fair, but it's still good!

"In all that we do, we teach, so that in all children do, they have the opportunity to learn."

Cordova Park Elementary's Mission Statement
<http://www.cordovapark.org>

March 8, 2010

2010 FCAT Testing Schedule

Tuesday, March 9: Grades 3, 4 Reading Grade 5 Math
Wednesday, March 10: Grades 3, 4 Reading Grade 5
Thursday, March 11: Grades 3, 4 Math Grade 5 Reading
Tuesday, March 16: Grade 5 Science
Wednesday, March 17: Grade 5 Science

Please be sure that your children have a good night's sleep, have a good breakfast, and arrive on time to school. Late students will not be permitted to go to class until after testing is complete. Testing will begin at 8:00 am each morning.

The length of the tests varies from day to day. If you are planning to check your child out of school on any of these days please do not plan to do so before 11am. Testing cannot be disrupted.

Though make-ups for the testing will be available, studies show that students who test on the regular testing days with their class perform much better.

SPANISH CLUB NEWS

Spanish Club will **NOT** be meeting on **Tuesday, March 9th** and **Tuesday, March 16th** due to FCAT testing. Please make sure that your child is picked-up from school at the usual school dismissal time. We will resume our normal schedule on **Tuesday, March 23rd**.

Please remember to pick up your child at the bus ramp after Spanish Club by 2:55 p.m. Those children that are not picked up at 2:55 must go to the main school office to meet their ride. If you have any questions, please do not hesitate to contact Paige Beall at: 470-0722 or paigebeall@yahoo.com.

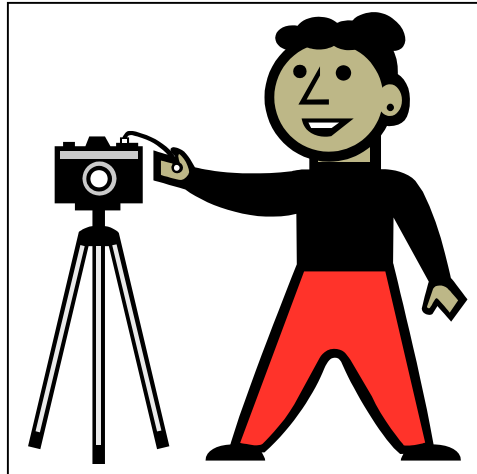
News items may be submitted by e-mail until noon Thursday. All items should be e-mailed to lknight2@escambia.k12.fl.us. Please type WAAG in the subject heading. Printing and paper generously provided by **Office DEPOT** on Bayou Boulevard.

Mother's Day Cake Sale

We are taking orders for heart shaped cakes for students to decorate on Thursday, May 6th for their moms for Mother's Day. Monies generated will go towards technology. See flyer attached.

SPRING PICTURES

Stone's Studio will be taking Spring Pictures on **Wednesday, March 24th**. **Only students having pictures taken will not have to wear uniforms this day;** however, they still need to follow the district dress code. There are changes to the process. Please make sure you choose and circle a background. Checks are made payable to Stone's Studio. Envelopes will be coming home this week.



Physical Education Corner

Wellness Garden Update:

Things are starting to sprout at the Park! Several classes have started seeds in their classrooms for the Wellness Garden. They have planted varieties of lettuce, carrots and onions. We will be starting berries and melons soon. If you would be interested in being in the Cordova Park Garden Club please let us know.

Calling all running enthusiasts! We have several opportunities to earn miles and laps for jogging club by participating in these following races.

Saturday March 20th The Bayou Hills Run: 5 K and 10K start time 7:30am, 1 mile Fun Run 9:30am Located at Bayview Park. Cost is \$25 for the 10K, \$20 for the 5K and \$10 for the 1 mile Fun Run. Deadline to pre-register is February 28th. For more info go to www.bayouhillsrun.com

Saturday April 17th 8:00 am Run For the Missions:

First United Methodist Church.

Pre-register by March 26th \$12 for students \$15 for adults

Running Club Points competition: Schools will receive points for members placing in the top awards categories. First place -5 points, second place - 4 points, and so on down to 5th place. The school or club with the most points will receive the Running Club Points competition trophy!

We need at least 5 participants to enter as a group.

Let's go Cordova Park Colts!

Fun Days

Spring is just around the corner so be sure to mark your calendar for our school-wide FunDays!

3Rd - 5th grades **Thursday April 15th**
K - 2nd grades **Friday April 16th**