

# Parent Academy Newsletter

# Parents

September 2024

Hernando County School District

make a difference!



## A NOTE FROM THE PARENT ACADEMY!

**Parents/guardians during the first couple of months back to school, you can play a crucial role in helping your children adjust and thrive. Here are some key action steps to consider:**

### Create a Supportive

**Environment:** Be emotionally available for your child. Encourage them to talk about their day, any concerns they have, and actively listen to their experiences. Create a home environment where they feel comfortable expressing themselves.

### Prepare Supplies and

**Organization:** Ensure your child has all the necessary school supplies and help them organize their backpack, study area, and schedule. Teach them organizational skills that will help them stay on top of assignments and deadlines.

### Attend School Events:

Participate in back-to-school nights, orientations, and

meet-the-teacher events. This shows your child that you are invested in their education and allows you to understand the school's expectations and routines.

### Encourage Healthy

**Habits:** Emphasize the importance of nutrition, exercise, and sleep. A healthy lifestyle contributes to better concentration, mood, and overall well-being, which are crucial during the adjustment period.

### Monitor Progress and

**Challenges:** Keep an eye on your child's academic progress and emotional well-being. Look out for signs of stress or difficulty adjusting and communicate with teachers

or counselors if necessary.

### Set Realistic Expectations:

Support your child's academic and personal growth by setting achievable goals. Celebrate successes and provide encouragement during setbacks.

### Establish Communication

**Channels:** Stay in touch with teachers and school staff.

Know how to contact them if you have questions or concerns about your child's progress or behavior.

### Academic Success:

Remember that regular attendance ensures that students have the opportunity to fully engage in learning activities, participate in class discussions, and complete assignments on time. Missing school can lead to gaps in knowledge and understanding that may affect academic performance.

**By focusing on these actions, you can help create a supportive and nurturing environment that promotes a successful start to the school year for your child.**



[www.hernandoschools.org](http://www.hernandoschools.org)

*Practical ideas for parents to help their children*

## Testing Prep at Home (i-Ready, FAST, EOCs, STAR)



Does your child have test taking anxiety? Did you struggle with testing as a child? No matter what our personal feelings are on standardized or state testing, it has become an important part of a child's academic experiences. While we do want our children to be successful, we also want to provide them with the strategies and reassurance that will support them in entering the testing experience with encouragement and confidence.

- Make sure your child gets a good night's sleep and eats a healthy breakfast.
- Make sure your child is prepared.
- Make sure their electronic devices are fully charged and ready on the day of testing.

While test anxiety is very common in children, we, as parents, can have a positive impact to replace their fears with confidence and prepare them to succeed. Remind your child how much they are loved, that you believe in him/her, and that doing their best is all that matters.



No School  
Labor Day

Monday  
September  
2nd



## Title I Annual Meeting Dates



**Fox Chapel Middle School**  
September 18, 2024 / 6:00-8:00pm

**D. S. Parrot Middle School**  
September 19, 2024 / 5:00-7:00pm

**Suncoast Elementary School**  
September 26, 2024 / 5:30pm-7:00pm

**Westside Elementary School**  
September 26, 2024 / 5:00-6:30pm

**Pine Grove Elementary School**  
October 1, 2024 / 5:00pm-7:00pm

**Eastside Elementary School**  
October 2, 2024 / 4:30-6:00pm

**West Hernando Middle School**  
October 3, 2024 / 5:00pm-7:00pm

**Brooksville Elementary School**  
October 8, 2024 / 5:00pm-6:30pm

**Explorer K-8  
(Elementary)**  
October 8, 2024 / 4:30-6:30pm  
**(Middle)**  
October 9, 2024 / 4:30-6:30pm

**Spring Hill Elementary School**  
October 9, 2024 / 5:00-7:00pm

**J. D. Floyd Elementary School**  
October 10, 2024 / 5:00-7:00pm

**Deltona Elementary School**  
October 10, 2024 / 5:00-7:00pm

**Moton Elementary School**  
October 10, 2024 / 5:00-7:00pm

**No Cost Breakfast & Lunch  
will continue in the 24-25 school year!**



**Breakfast**

Students must take a serving of fruit or juice.

**Lunch**

Student must take a serving of fruit, vegetables or juice.

**Cafeteria tips for the 24-25 school year!**

- Practice student ID which is also the lunch number.
- Practice giving the cashier the students first and last name.
- Practice carrying lunch tray.
- Practice opening a milk or juice carton.



**Student Food Allergies**

- To request a diet modification fill out the form located on the Food & Nutrition page of the Hernando County Schools website under the nutrition heading.
- Please return completed forms to your cafeteria Specialist.

**ALWAYS REMEMBER...**



**Parents**

*make a difference!*

You have a brain in your head.  
You have feet in your shoes.  
You can steer yourself any  
direction you choose.

**Dr. Seuss**





# SAVE THE DATE

Friday, November 8, 2024

Last Year's Resources



## GRANDPARENTS RAISING GRANDCHILDREN SEMINAR



**EVENT HOSTED AT**  
Pasco-Hernando State College – Spring Hill Campus  
450 Beverly Ct, Spring Hill, FL 34606





Watch Seminar Highlights



**This Initiative is Proudly Supported By:**












## School Advisory Council (SAC)

The School Advisory Council (SAC) is a school-based group intended to represent the school, the community, and those persons closest to the students that shares responsibility for supporting the school's continuous improvement. The district school board is responsible, by Florida law, for establishing an advisory council for each school in the district and developing procedures for the election and appointment of advisory council members. Each SAC must include in its name the words "school advisory council." For further information, see Section 1001.452(1)(a), F.S.

### What is S.A.C.?

Our SAC (School Advisory Council) is a decision making group made up of parents, business & community partners, teachers and administration. We are focused on helping our schools to improve.

Your input is vital to the success of our schools. You can be an important part of making the future bright for our schools, children and our community. Please attend the first meeting at your child's school and learn how you can be a part of something special.

### What does S.A.C. do?

S.A.C. is responsible for advising the administration on School Improvement. S.A.C. also decides the use of the state lottery funds that the school receives every year. We are also responsible for creating parent, faculty and student surveys. From these survey results, along with test score and other data, we help write and implement the School Improvement Plan, which then becomes our guide for the school year.

### How can I be involved?

Please attend one of the meetings. We are always looking for new members who would like to be involved in a very important way in our schools!

## F.A.C.E. Family and Community Engagement Committee

The goal of this advisory committee is to establish Family Engagement, Community Resources, and Professional Development opportunities through collaborative efforts with school staff, district personnel, and community partners

- Review and refine the parent and family engagement plan, identifying critical areas for district-wide strategic alignment.
- Facilitate connections between families at our Title I schools, district resources, and community partners to provide essential assistance and support, thereby contributing to closing the achievement gap.

*We need family involvement from each Title I School to participate at our quarterly FACE Meetings. We will be hosting a total of four (4) meetings during the 2024-2025 School year!*



**If you are interested in attending please contact the Parent Engagement Liaison at your child's school:**

### Brooksville Elementary School

Kristi Jernigan, 797-7014 Ext. 216

### Deltona Elementary School

Betsy Pantley, 797-7040 Ext. 251

### Eastside Elementary School

Vikki Seifried, 797-7045 Ext. 217

### J. D. Floyd Elementary School

Pamela Sheeder, 797-7055 Ext. 407

### Moton Elementary School

Stephanie Sauvageot, 797-7065 Ext. 267

### Pine Grove Elementary School

Miranda King, 797-7090 Ext. 217

### Spring Hill Elementary School

Ashley Perez, 797-7030 Ext. 286

### Suncoast Elementary School

Kelly Baker, 797-7085 Ext. 217

### Westside Elementary School

Maria Woop, 797-7080 Ext. 204

### Explorer K-8

Katherine Cubillo, 797-7094 Ext. 298

or Jillian Roman Ext. 267

### D. S. Parrott Middle School

Yamil Figueroa, 797-7075 Ext. 238

### Fox Chapel Middle School

Danielle Zammetti, 797-7025 Ext. 247

### West Hernando Middle School

Jessica Buse, 797-7035 Ext. 338