



ROCKET REVIEW

PROVIDENCE SPRING ELEMENTARY

NOTES FROM PRINCIPAL ARMBRUSTER

Sometimes our children struggle with anxiety, stress, or trauma and need our help to handle their emotions effectively. The next quarter of school will be a long stretch for our children, and emotion regulation will be tested.

Temper tantrums, emotional outbursts, or impulsive, inappropriate behaviors may be signs of a child's inability to regulate his or her emotions. If we do not know how to deal with our emotions, life can be overwhelming. Recognizing

that we always have a choice in how we respond — no matter how we feel — is at the heart of mastering emotion regulation.

Help your child by naming their emotions. We need to notice, monitor, recognize and adapt emotions according to the situation. Teach your child how to resist an elevated response, to calm down, and to adjust to change. The ideal goal is to control or regulate emotions in any environment.

We all have different thresholds for coping, but we can continually grow and improve our capacity for reacting productively and positively in any environment when we can notice and name the emotion. At PSE, our counselors teach classroom guidance lessons as well as provide small group lessons and individual check-ins with students. In addition, we practice mindfulness and brain and body balance. This skill set enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and their own feelings.

SCHOOL-BASED MENTAL HEALTH PROGRAM

We are excited to provide school-based therapy in partnership with Alexander Youth Network. **If you are interested in this opportunity, please contact your counselor.**



MEDIA OPEN CHECKOUT TIMES

- Specials Day 1 8:15-8:45
- Specials Day 2 7:30-8:45; 1:10-1:50
- Specials Day 3 8:15-8:45; 1:10-1:50
- Specials Day 4 7:30-8:45
- Specials Day 5 7:30-8:45
- Specials Day 6 7:30-9:45; 2-2:30
- Specials Day 7 7:30-8:45; 2-2:30
- Specials Day 8 7:30-9:45

No Monday morning open checkout; returns ONLY (We-Rock and GLP Meetings)

Monday checkouts -- afternoons only on days 2, 3, 6 & 7

COMMUNITY ENGAGEMENT SESSION

To view the presentation from January's Community Engagement Session, go to https://drive.google.com/file/d/1RTTZBZA0Ecb3m_6Fml6KSCry0Vr5UKKM/view



Respectfully,
Jane Armbruster

PSE is the place to **BE**



This Issue

- Notes From the Principal
- PSE's Annual Food Drive
- Spring Book Fair
- Yearbook Photos
- PTA Financial Summary
- Sponsors



Coming Up

- 2/4 Class Photos
- 2/5 Club Photos
- 2/5 PTA Meeting 9:30am
- 2/6 Chick-fil-A Night @ Waverly 3-8pm
- 2/7-2/14 Loaves & Fishes Food Drive
- 2/17 No School
- 2/21 Cafeteria Concert



Contacts

- P: (980) 343-6935 | F: (980) 343-6939
- Website: <https://schools.cms.k12.nc.us/providencespringES>
- PTA Site: ProvidenceSpringPTA.weebly.com
- Principal: Jane Armbruster | Asst. Principal: Linda O'Connor
- Lauren Shoumlin, PTA President: laurenshoumlin@gmail.com
- Jen Putnam, Designer/Editor: jenniferputnam07@yahoo.com



PSE's Annual Food Drive!

When: Feb. 7 – 14, 2020



NO GLASS!!!

Canned
Meat,
Soup, Veg

Spaghetti
Sauce

Rice

Pasta,
Mac N'
Cheese

Beans

Peanut
Butter



Why: An opportunity for PSE students to be active participants in helping to feed our Charlotte neighbors who are going through a rough time. Last year, about 80K people were fed...46% were children.

Goal: 15 items or more per student

How:

- (1) Start collecting Non-Perishable food at home
- (2) Then begin bringing food into school classroom on Feb. 7
- (3) Lastly, Loaves & Fishes will pick-up and distribute food to families in need



Save The Date!

Spring Bookfair
March 10th-19th



Yearbook Photos

The Yearbook Committee needs your help! Do you have any photos to share from a class party, field trip, spirit night or anytime you've volunteered in your child's class? Yes even your phone photos will work! Please send them with teacher and grade to PSEYearbookPhoto@gmail.com

Questions? email pseyearbookcommittee@gmail.com



PTA Financial Summary January 2020

**Providence Spring Elementary PTA
Cash Balance Rollforward**

Beginning Balance 12/1/19		\$ 101,162
Ordinary Income/Expense		
Income		
Capital Donations	\$ 55	
Directory	\$ 8	
Field Days Income	\$ 234	
Interest Income	\$ 7	
Membership	\$ 14	
Publications Income	\$ 1,112	
Spring Carnival	\$ 1,035	
Yearbook	\$ 135	
Total Income	\$ 2,600	
Expense		
Free Fundraisers Expense	\$ 89	
PTA-PSE Educational Expense		
Classroom Grants	\$ 785	
Hospitality & Staff Recognition	\$ 246	
Principal Discretionary	\$ 1,508	
Publications Expense	\$ 88	
Total PTA-PSE Educational Expense	\$ 2,626	
PTA Operational Expenses		
Accounting Fees	\$ 350	
Bank Fees	\$ 62	
Discretionary - Administrative	\$ 1,030	
Total PTA Operational Expenses	\$ 1,442	
Total Expense	\$ 4,157	
Net Ordinary Income (Loss)	\$ (1,557)	
Other Income/Expense		
PY Technology & Education Fund	\$ 32	
Total Other Expense	\$ 32	
Net Income	\$ (1,590)	
Ending Balance 12/31/2019		\$ 99,572



PSE P.A.L.S. (Proud Advocates of Learning in Schools)

Click each sponsor's logo to learn more



Gold



Silver



Bronze

